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February 2009

Abt visits PR —meets with senior leadership, community members

El Morro Staff

Jan.27, 2009 Maj. Gen. Steven R. Abt, deputy commanding general, U.S. Accessions Command, visited Fort Buchanan and provided a briefing for members of the senior leadership, retired generals and business leaders about the Army. The general covered many topics affecting the Army and the transformation of the service. General Abt talked about the following ideas —

2009 Year of the Noncommissioned Officer —

- The Noncommissioned Officer ranks date back through more than 200 years of United States Army history; NCOs have made historic contributions to the growth and strength of our Nation in countless recorded and unrecorded ways. NCOs have provided invaluable service and have made great sacrifices in the line of service. NCOs have continually proven their dedication to service and a willingness to make great sacrifices on behalf of our nation. NCOs are accomplished military professionals with the well earned moniker “Backbone of the American Army.” NCOs are the standard keepers for the military and provide a valuable service in training, leading, mentoring and caring for Soldiers.

NCOs have a strong service ethic, take pride in the Army and what they do, and are steadfast in accomplishing the mission. They are accomplished military professionals who have combined civilian and military education opportunities to become an exemplary model of “Army Strong” leadership.

NCOs recognize that an important part of their job is caring and looking out for the welfare of Soldiers and their families. They have a well earned reputation for having operational and strategic awareness to interpret and issue orders as necessary within their duties and in the absence of officers.

Every officer fresh from the basic course remembers his first NCO leader — because it is this NCO, who has a wealth of Soldier experience and the ability to train and advise the newly commissioned officer. Throughout the history of the Army, senior NCOs have helped young lieutenants with field problems and have provided advice to young officers about how to deal with Soldier problems and how to care for Soldiers.

NCOs provide inspiration and motivation. They are outstanding role models for all Americans and are exemplary subjects that are truly representative of the nation’s moral character and strength for all men, women and children.

The Army Reserve Enterprise —

The Army Reserve Enterprise consists of four core management areas — Manning, Readiness, Materiel, and Services & See Reserves

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Marc McCormick

The new Puerto Rico Adjutant General, Brig. Gen. Antonio Vicens (right) and Fort Buchanan Commanding Officer Col. Edwin C. Domingo listen to Maj. Gen. Steven R. Abt speak at the AUSA Breakfast Jan. 10, 2009 at the Community Club.



Leo Martinez

Army tradition... At the beginning of each year, the commanding officer of the garrison invites senior military officers, visitors and dignitaries to a New Year’s Reception. Left to right are — Maj. Gen. Charles E. Gorton, commanding general, 81st Regional Support Command; Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command; Fort Buchanan Commanding Officer (and host) Col. Edwin C. Domingo and his wife Rebecca. [More, in pictures Pg. 10]



Courtesy Photo

Puerto Rico Inauguration...

Former Puerto Rico Resident Commissioner Luis Fortuño was inaugurated as Governor of Puerto Rico Jan. 2, 2009 at the Capitol Building in San Juan. Attending the event for Fort Buchanan were (left to right) the Fort Buchanan Commanding Officer Col. Edwin C. Domingo and his wife Rebecca (front left); second from left Civilian Aide to the Secretary of the Army Maj. Gen. (Ret.) Felix A. Santoni; Brig. Gen. David C. Garza, Chief of Staff, U.S. Southern Command. Also attending the inauguration were (in the back row) Left Magda Figueroa, executive officer, Fort Buchanan; Fort Buchanan Command Sergeant Major David Davis; and on the end Air Force ROTC Detachment 755 Commanding Officer Lt. Col. Javier A. Delucca.



FROM THE COMMANDER:



Col. Edwin C. Domingo
Garrison Commander

February
2009 —
Remembering
the Dream

Now that we have embarked on a New Year, we begin with a focus on Black History Month, the Army Family Covenant and the Year of the NCO.

Black History Month celebrates the contributions of African-Americans to our society and military, acknowledging their contributions during peacetime and war. Currently, African-Americans, along with other minorities, fight and serve in the Global War on Terror defending freedom around the globe. Their professionalism is reflected everyday and their sacrifices reflect the highest standards of individual performance expected by the nation and the Army. The Army, and by extension, the defense effort, could not operate without their contributions.

By extension, as we examine the contributions of African-Americans and all Soldiers, we find a truism that has been recognized since Valley Forge — NCOs lead the way. As a military doctrine, it was incorporated into essential training that a strong NCO cadre led to tactical victory. The improvement in developing the NCO structure within the Army

was truly fostered by Chief of Staff George C. Marshall prior to America's entry into World War II. In the early '30's, Marshall realized the need to strengthen the leadership abilities of NCOs. It would prove to be pivotal in the outcome of WWII. The two massive warfare exercises to test the state of the Army and the new tactics that would be needed when the United States entered WWII brought to light the necessity of a strong NCO element. Since then, through every conflict the United States has been engaged in, NCOs have been a major factor in victory — guiding younger, more inexperienced troops, and substituting as commanders of small units when officers have been killed or incapacitated. The result has been termed "the backbone of the Army." Officer's plan and NCOs see to it that plans are executed.

Because of the development of the NCO within the service(s), the Army has formally dedicated 2009 as the Year of the NCO. Each month, an example of excellence in NCO leadership and bravery will be introduced to the public as a reminder of how

Army NCOs are in the forefront of the examples of dedication, leadership and loyalty.

In keeping with the sacrifices NCOs make on behalf of the nation, it is made possible through the undying support of the families. The Army leads the way in all the services in recognizing families through programs and support services as stated in the Army Family Covenant stating in words and actions that as the Soldiers go about the business of operating at the front, he knows the Army is looking after his family in the rear. It is the Army's commitment to each Soldier's family and the Army will look after your well being so your Soldier can concentrate on his mission knowing you are safe and secure back home.

The circle then becomes complete — The NCO, his family and the Army's integration of full support adds to the tactical and strategic accomplishment of the nation's requirements on the personal, social, national the global level demonstrating that our strength is through our people.

To all our NCOs, and Soldiers alike, and their families, thank

you for a job well done!

Army Family Covenant

We recognize the commitment and increasing sacrifices that our families are making every day.

We recognize the strength of our Soldiers comes from the strength of their families.

We are committed to providing Soldiers and Families a Quality of Life that is commensurate with their service.

We are committed to providing our families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army Families that enhances their strength and resilience.

We are committed to improving Family readiness by —

- Standardizing and funding existing family programs and services.
- Increasing accessibility and quality of health care.
- Improving Soldier and Family housing.
- Ensuring excellence in schools, youth services and child care.
- Expanding education and employment opportunities for Family members.



CSM David Davis
Fort Buchanan
Command Sgt. Maj.

With the financial crisis in full swing, coupled with job lay offs and increased operational pace of deploying units, tension and stress levels within us and among

Drop defensive demeanor with seven simple steps

the different commands are at a heightened level. Right about now I'm sure many of you wish everyone would just back off and leave you alone.

A common feeling when stressed, but there are techniques out there to help you cope.

First, you must take a hard look at yourself to see if you just might be a bit defensive and what is causing the defensiveness.

Some questions you might ask of yourself are: Do you feel that no matter how much you talk, no one seems to get the point you're trying to make?

Are you often sarcastic, failing to find any real humor in a situation that other Soldiers find amusing?

Are your co-workers fright-

ened of you? If so, you might be just a tad on the defensive side.

What's important here is knowing that your inability to stay calm, back off and listen to others may be harmful not only to yourself but to others as well.

Defensiveness is frequently an unconscious behavior that undermines your ability to be in strong, lasting relationships and to work well with others.

When you act defensively, people don't trust or believe you — your actions are incompatible with what you are saying.

Basically, the outcome from being defensive is people will just not want to work with you.

In fact, being defensive may even be harmful to career progression.

To know if you're on the edge, there is a book written by co-authors, Ron Luyet and James Tamm called, "Radical Collaboration: Five Essential Skills to Overcome Defensiveness and Build Successful Relationships."

They say people or bosses who are defensive often have employees who have low trust, are very guarded, and avoid risk-taking.

Employees are more cynical and not open about their ideas or feelings.

Okay, so you think you might be defensive. How do you know when you're being defensive? The authors say first it must be recognized that "we're not defending ourselves from people, but from our feelings of signifi-

cance, confidence and likeability. The key is increasing your own self-awareness.

You learn to spot the defensive behavior, and then work backward.

What are the feelings that led you to act that way? The behavior is the early-warning system.

That's when you know you should take action."

For example, perhaps you get defensive when someone gives you feedback about your performance, so you act as if you don't understand what's going on.

The problem may be that you're worried about how the feedback reflects on your competency, which makes you feel bad.

Author James Tamm says
See CSM — Page 17



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Consider the Call — 1st MSC Civilian Clergy Day March 6, 2009



Chap. (Maj.) Craig Pache
1st MSC Chaplain

"It is no secret that Unit Ministry Teams can play a vital role in the life of a warrior and their families. It is also no secret that there is a shortage of chaplains within the 1st Mission Support Command. In an effort to combat that shortage, Chaplain (Col.) Jacob Goldstein, 1st MSC Command Chaplain, on behalf of Brig. Gen. David S. Elmo, commanding general, will be hosting the first annual 1st MSC Civilian Clergy Day — "Consider the Call."

"If you know a clergyperson, or someone in seminary who would be interested in serving God and Country as a Chaplain in the United States Army Reserve, then please invite them to attend. Perhaps you have felt God's calling on your life to

serve as a Chaplain, then accept this invitation to attend this special time of learning into what it takes to be a Chaplain in today's Army.

We will have chaplains from the 1st MSC who will share how God has called them and effectively used them as chaplains. Chaplain Goldstein will share with us his experiences as Joint Forces Command Chaplain at Ground Zero in New York after the 9/11 attacks. A team from the United States Army Recruiting Command Special Branches will be on hand to provide information on how to become a chaplain in the U.S. Army Reserve. A free lunch and snacks will be provided.

The event will take place March 6, 2009, 10 a.m. to 2 p.m., at 1st MSC's Ramos Hall on Fort Buchanan.

Space is limited and access to the installation is controlled. If you or someone you know is interested in attending, forward names and contact information to Staff Sgt. Sigfredo Velez at 787-707-4957; or e-mail sigfredo.velezgarcia@usar.army.mil.

1st MSC in the news...

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- 271st HRC deploys, Pg. 19.
- 268th TC returns, Pg. 19.
- 1st MSC holds family seminar, Pg. 20.

The leadership of 1st Mission Support Command attended Fort Buchanan's New Year's Reception co-hosted by the garrison commanding officer Col. Edwin C. Domingo and 1st MSC. In his remarks, Brig. Gen. David S. Elmo, commanding general, 1st MSC, reflected on the accomplishments of the PRimeros in 2008 and the outlook for the command entering 2009.



Capt. Anthony John

Stronger relationships mean a stronger Army

Chap. (Maj.) Craig Pache
1st MSC Chaplain

As members of the world's premier fighting force, Army Soldiers sacrifice for our country every day, and so do their loved ones.

Military life places extreme hardship on relationships, especially in wartime, so the Army — backed by Congress — has committed unprecedented resources to help Soldiers build stronger relationships through the Strong Bonds Program.

Strong Bonds has specialized programs for single Soldiers, couples and families.

Those Soldiers being deployed or redeployed can also learn special coping tactics.

Strong Bonds empowers Soldiers and their loved ones with relationship-building skills, and connects them to community health and support resources.

It is a holistic, preventative program committed to the restoration and preservation of Army families, even those near crisis.

The program is initiated and led by the Army Chaplains. More than 90% of those who have attended the program rate it positively.

With Strong Bonds, participants not only bond with their loved ones.

They bond with other Army families, chaplains and the Army community as a whole.

In turn, our Soldiers realize that they're not in this alone. They have an entire Army of support, both on duty and off.

The next Strong Bonds events will be a Marriage Enrichment Seminar on Feb. 14, 2009 and a Marriage Enrichment Weekend, Feb. 27, 2009 through Mar. 1, 2009 at the Gran Melia Resort, Rio Grande.

History of Army Strong Bonds

Recognizing the importance of family support, the Army introduced the program Building Strong and Ready Families in 1997. Initially, 90 active-duty couples participated in four events. Since then, more than 30,000 couples have attended over 1,300 events. New programs now meet Soldiers at different phases of the relationship cycle. Specific training is offered for the Single Soldier, Couples, Families with children, and all Soldiers and families facing deployment.

Strong Bonds is fully-funded and Chaplain-led with the support of the Commanding Officer. Soldiers and their families attend with others in the unit who share the same deployment cycle.

Army builds on Family Covenant with Strong Bonds

El Morro Staff

In addition to the Strong Bond program netioned by Chap. Pache, other facets of the program are —

Single Solder Conferences

About 50 percent of the Army's Soldiers are single and most will get married while on active duty.

If you're a single Soldier, you may also be far from home, lonely, and faced with the uncertainty of imminent deployment.

These pressures can lead to hasty decision-making when choosing a life partner.

A supportive mate is extremely important — so the Army is committed to helping you learn how to make good relationship choices by offering the Strong Bonds Single Soldier program.

With this program, you and other Soldiers from your unit will attend training off-site for a retreat weekend.

In addition to relevant teaching and skills training, Strong Bonds weekends include time for relaxation, recreation, fellowship, and fun.

Strong Bonds programs are offered by Army Chaplains with the full support of your Commanding Officer.

You'll gain practical, useful information based on a nationally recognized curriculum that's been carefully chosen.

You'll learn to examine priorities, manage mate-choosing patterns, and learn to evaluate a relationship's potential for long-term success.

The Strong Bonds Single Soldier program is designed to help you establish relationship goals and gain essential skills to help you make a good choice prior to picking a partner for life.

Marriage Conference — Whether you've celebrated one anniversary or 20, as an Army couple you can anticipate more excitement — and expect more challenges — than the average civilian couple.

Long separations, frequent

relocations, and the stress of deployment can subject Army marriages to extreme hardship. That's why we developed the Strong Bonds Couples program. It's our way of saying thank you for the sacrifices you and your family make every day as members of the world's premier fighting force.

And, because we understand the stresses of military life, we want to serve you through an off-post, Strong Bonds weekend retreat.

You and others from your unit will gain skills that fortify your marriage, and enjoy a time of relaxation, recreation, fellowship, and fun.

Strong Bonds programs are offered by Army Chaplains with the full support of your Commanding Officer.

You'll gain practical, useful information based on world-class curriculum developed from years of research.

In small groups, you'll participate in activities that renew bonds with your peers.

And, as a couple, you'll practice communication and relationship-building skills, as well as share intimate moments.

The Strong Bonds Couples weekend retreat is designed to strengthen relationships, inspire hope and rekindle marriages - even start the journey of healing for relationships under fire.

Family Conference —

Whether you're dealing with diapers and night feedings, recitals, soccer or drivers ed., the responsibilities of child-rearing can be especially difficult for military families.

Daily routine can become overwhelming when families are faced with long separations, frequent relocations and deployment.

That's why we developed the Strong Bonds Family program.

It's our way of saying thank you for the sacrifices your family makes every day.

We understand the unique stresses of military life, so we want to serve your family through an off-post, Strong



Bonds weekend retreat.

Children 8 years old and over may participate in most exercises of the Strong Bonds Family program.

Your family and others from your unit will gain skills to help sustain healthy interactions throughout the trials of Army life.

In addition to relevant teaching and skills training, there is time for relaxation, recreation, fellowship, and fun.

Strong Bonds programs are offered by Army Chaplains with the full support of your Commanding Officer.

You'll gain practical, useful

See Bonds — Page 17



Black History enters the 21st century

Marc McCormick
El Morro

"When we step into the family, by the act of being born, we do step into a world which is incalculable, into a world which has its own strange laws, into a world which could do without us, into a world we have not made. In other words, when we step into the family we step into a fairy-tale." (G.K. Chesterson)

The mere accident of birth. Who would ask for such odds? Certainly, no gambler would. But, that is what happens to all of us. We are an accident of sperm, as the trite saying goes.

But, for some, the accident is an instant condemnation – a not belonging over which you are powerless. Or, so it seems. We have, on this planet, 195 countries. For most of those countries, birth is a synonym for premature death, or at least slavery. It is amazing how many people are still enslaved in the literal sense. Africa, the cradle of human civilization, according to some, still leads the way in slavery of its own. Something the supercilious class in America kvetches against but does nothing about.

[Absolute free will is impossible, Maurice Merleau-Ponty believed, because real barriers to choice are all around us. In "The Phenomenology of Perception," Merleau-Ponty developed the argument that humans are "situated" within their environments.]

America does have a conscience, however, and every so often rises to the occasion as exemplified by our continuing adjustment to the national psyche concerning "civil rights." We seem to act better in private than we do in a corporate sense as politics interferes and manages to entangle rationale discussion and resolution of such complicated ideas. Why anyone would trust a politician to legislate such things is beyond me. Look what they have done for economics, which supposedly is a simple matter of proper math.

No. America has always been a country of individualism and through small associations have small groups been able to affect national change. Take for instance the Quakers who led the anti-slavery movement in early America. Or Carrie Nation who cobbled together a coalition against alcoholism. There's two examples of the good and the bad. The effective and the outlier.

February is a month devoted to focusing on the Civil Rights movement and Black History Month. You will be exposed to the usual suspects rambling on about the usual things and perhaps you will have an individual speaker who will provide a first person anecdotal reminiscences of what it was like to experience the hatred and bigotry of racist America – during those years, which it was. Even if your accident of birth placed you in a racial category that only resulted in exclusionary America, you still were condemned to be far behind with little or no hope of achieving the

American dream – freedom and equality.

[The truth is more nuanced – tricky even, since it leads to a point where tautology meets paradox. Toni Vogel Carey, "The Better – Best Fallacy," Philosophy Now, Issue 70.]

I do not believe that America at its basic level tolerated such things. It was more group behavior where individuals suspended their thinking and conscience and watched others endure their lack of justice. They were, though, so many on small scale who quietly did what was right without flinching or demanding that societal structure change. They demonstrated on a close in personal scale what they thought of institutionalizing racism. That brings us to the University of Buffalo circa 1958.

"The 1958 football season at the University at Buffalo was one of extreme highs and even more extreme lows; marked by an appearance on the Ed Sullivan show after an 8-1 season, sullied by racism and segregation.

After finishing the season as the Lambert Cup champions, Buffalo was invited to play in the Tangerine Bowl in Orlando, FL. However, after accepting the invitation, University Chancellor Clifford Furnas, along with the entire team, made the decision to not play in the game; they learned that their two black players, Willie Evans and Mike Wilson, would not be allowed to play as per the request of the hosting school district.

In a statement made about his decision, Furnas said, "They are two of our finest young men, and have greatly contributed to our fine showing this season. The possibility of discrimination against any member of the team prevents our appearance at the game." (extracted from The Spectrum, University of Buffalo, by Alex Rubin and Stephen Marth - Senior Sports Editor and Asst. Sports Editor).

Individual moments of conscience and integrity; that's what eventually killed institutionalized racism in America. Politicians just followed, belatedly.

By the time you read this, Buffalo will have played Connecticut in the International Bowl and, there on the sidelines, will be the players who didn't make the 1958 trip – an honor to them for the racial politics they had to endure. They will look out on the field at the players, who demonstrate in sports, unlike life, that race on the field has no meaning, just talent and performance. After all, it is the American way.

[For human beings, the past as history affects the present in very important ways – including present ethical deliberations and ways of feeling. As William Faulkner said, "The past isn't dead – it isn't even past."

"We are "temporal" and "historical" in such a way that we must define our present and project ourselves into the future in relation to that history." – Martin Heidegger.

(The Ethics Toolkit, The Grounds of Ethics, Julian Baggini & Peter S. Fossii, pg. 53.)]

Acting Secretary reflects on MLK, VA culture

Letter to the Editor — from then Acting Secretary Nancy Reissner (edited)

(Today) we celebrate the life and legacy of Dr. Martin Luther King, Jr., a great American, a great leader, a great humanitarian — a true visionary.

Dr. King was born 80 years ago (January 15, 1929), in Atlanta, Ga., the son of the Reverend Martin Luther King, Sr. and Alberta Williams King. He grew up in a society that he would later describe as "sadly crippled by the manacles of segregation and the chains of discrimination."

It was an all too-accurate description of yesterday's America — a description that Dr. King devoted his life and ultimately gave up his life to change.

At the Department of Veterans Affairs, we can say with certainty and pride that we serve as one VA – We serve together. Duty to country knows only three colors – red, white and blue – and those who have worn the uniform of the United States Armed Forces have truly served us all and earned the honored title of "veteran."

It is a title of respect borne by citizens whose shoulders were broad enough to carry the weight of our com-

mon defense. It is a title that speaks of courage and sacrifice in the face of mortal danger. It is a title that speaks of compassion and heartbreak in the wake of terrible battle. And it is a title that speaks of faith and humility when it is time to come home.

Dr. King never served in the military but he commanded an army of Americans dedicated to fulfilling our country's highest ideal – that all men and all women are created equal; an ideal forged in the heat of battle here at home in the struggle for civil rights and around the world in wars against tyranny and oppression.

Dr. King understood, as every veteran understands, that freedom is not free.

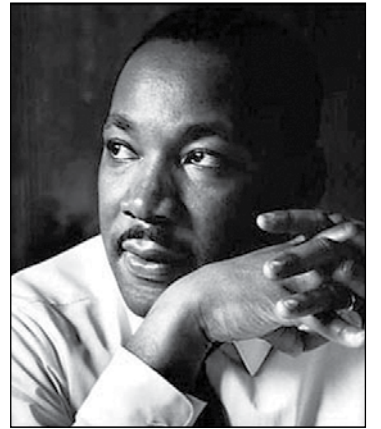
His strength and purpose are matched by those of the veterans we serve. They also stood against injustice, tyranny and oppression... for freeing the bonds of enslaved peoples.

We in VA serve these brave Americans of all ethnic, religious, and cultural backgrounds. We share their values and their backgrounds.

VA's diverse workforce is a key to our success and the framework that ensures no veteran has to "walk alone."

Letter from a Birmingham Jail extract

Moreover, I am cognizant of the interrelatedness of all communities and states. I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is



a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. Never again can we afford to live with the narrow, provincial "outside agitator" idea. Anyone who lives inside the United States can never be considered an outsider anywhere within its bounds.

We know through painful experience that freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed. Frankly, I have yet to engage in a direct action campaign that was "well timed" in the view of those who have not suffered unduly from the disease of segregation. For years now I have heard the word "Wait!" It rings in the ear of every Negro with piercing familiarity. This "Wait" has almost always meant "Never." We must come to see, with one of our distinguished jurists, that "justice too long delayed is justice denied."



www.mvheritagetrail.org

Lincoln Pope III, remembers that in the 1960's many young African Americans felt that there was no point in people of color trying to join the political institutions. He told the Congressman that a revolution was necessary. Clayton Powell's response was

to dismiss that notion: "you can burn down the buildings and refuse to join the institutions, but they will just build new ones and you will be left outside powerless. Join... and make changes from the inside."

Making changes from the inside seems to have been a successful strategy for Mr. Powell. He was responsible for the "Powell amendment" that forbids any racial discrimination in any federally funded project. This piece of legislation was probably the most effective weapon against segregation and unequal opportunity within the workplace. During the years of the Kennedy and Johnson administration, Clayton Powell, as Chairman of the Education and Labor Committee was responsible for the passing of an impressive series of civil rights laws that helped to shape the world in which we live today.



Army launches

Catherine Abbott
Media Relations OCPA

With more than 200 years of service, the U.S. Army's Noncommissioned Officer Corps has distinguished itself as the world's most accomplished group of military professionals. In recognition of America's sergeants' commitment to service and willingness to make great sacrifices on behalf of our Nation, Secretary of the Army Pete Geren established 2009 as "The Year of the NCO."

Throughout 2009, the Army will honor NCOs through initiatives and events that enhance awareness and public understanding of the roles and responsibilities of today's NCO; and enhance and accelerate the development of NCOs through education, fitness, and leadership development initiatives.

We invite you to join the celebration of one of America's greatest assets, the NCO Corps, the "backbone of the American Army."

The Army's most senior leaders officially kicked off the Army's Year of the NCO Jan. 5 at Fort Bliss, Texas — home of the Army's Sergeants Major Academy.

Secretary of the Army, Chief of Staff of the Army George W. Casey Jr., and Sergeant Major of the Army Kenneth O. Preston announced in a letter the three had signed that 2009 will be the "Year of the

NCO" — implementing a year-long set of initiatives focused on better developing the service's noncommissioned officer corps.

"Today's NCO operates autonomously, and always with confidence and competence," Geren said during his address at the Association of the United States Army annual meeting in October, where he unveiled the Army's plan to observe the Year of the NCO. "Our NCOs are empowered and trusted like no other NCO in the world, and most advanced armies in the world today are going to school on our model."

Casey said the year-long recognition will focus on making enhancements to areas like NCO education, fitness and leadership. It is also meant to foster pride in service amongst NCOs and let the American public know what a "national asset" they have in the NCO Corps.

Throughout the year the Army will implement several education initiatives to include the Army Career Tracker pilot and Phase 1 of Structured and Guided Self Development.

The Army will also launch the Warrior University Web site, including the "College of the American Soldier" and will begin transformation of the NCO Education System.



Jim Tice
Army News Service

Senior Army leaders issued an operations order Jan. 7 officially implementing the Year of the NCO, a multifaceted initiative for enhancing and acknowledging NCO contributions to the Army.

In addition to involving the redesign of several institutions and programs, the Year of the NCO will prompt some major policy changes, such as authorizing the wear of NCO rank insignia on the beret and the expansion of civilian education opportunities.

At a joint press conference Jan. 5 at Fort Bliss, Texas, Army Secretary Pete Geren, Chief of Staff Gen. George Casey and Sgt. Maj. of the Army Kenneth Preston said they wanted to inform the country, Congress and young people about NCOs, and the career opportunities available to those who join the Army.

In a letter announcing the Year of the NCO, the leaders said, "NCOs are the keepers of our standards, from the recruiting station to basic training, to combat zones, from civil affairs to medicine, to logistics, natural disaster assistance, to graveside attendance at Arlington — whether active, Guard or Reserve, our NCOs take the lead."

The order (OPORD 08-12-161200) and annexes together total nearly 50 pages.

The document assigns specific tasks to field commands and staff agencies throughout the force in support of the program's four major objectives —

- Enhance the education of the NCO Corps through several initiatives, including the launch of the online Army Career Tracker system; the transformation of

Year of the NCO

the NCO Education System from the Warrior Leader Course to the Sergeants Major Course; an increase in the number of schools participating in the Servicemembers Opportunity Colleges-Army Degree program; and the establishment of structured and guided self-development programs.

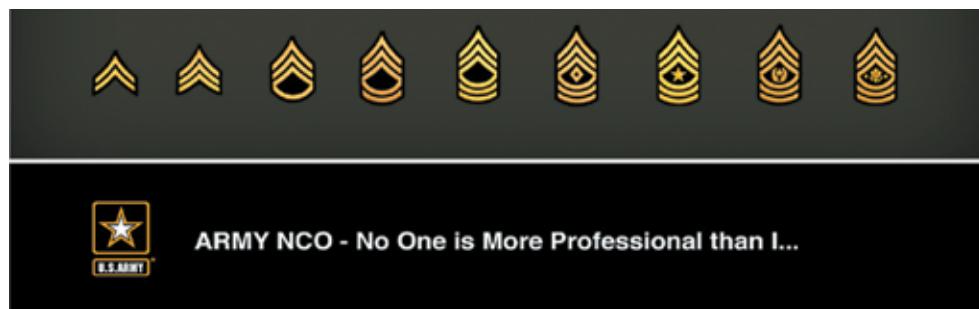
- Enhance physical and mental fitness by implementing a health-screening program in NCO schools, much like that conducted at the Army War College for senior officers, and by establishing master fitness and mental health courses as part of the structured self-development system.

- Enhance leadership skills in the NCO Corps by formalizing the Audie Murphy and Sgt. Morales Club competitions throughout the Army; field a new NCO promotion certificate that will be signed by the secretary of the Army and the chief of staff; establish a four-day pass system that can be used by commanders to recognize outstanding NCOs; and establish an NCO "Wall of Fame" at the Pentagon to identify soldiers who exemplify the competencies, dedication and commitment of the NCO Corps.

- Launch several "pride in service" initiatives that acknowledge the value of the NCO Corps to the Army and the nation.

Included will be the second publication of "Long Hard Road," a book recounting the contributions of NCOs to the wars in Iraq and Afghanistan; maintaining a Year of the NCO Web site; authorizing the wear of NCO rank insignia on the beret; changing the name of the Sergeants Major Academy to better reflect its focus on the entire NCO Corps; producing an "Army Strong" television ad that focuses on NCOs; and upgrading the NCO Museum at Fort Bliss, Texas.

While work on the initiatives is underway, dates for implementation have not been announced.



Sergeants filling the mission at Buchanan

Marc McCormick
El Morro

The Drill Sergeants located at Fort Buchanan are not only working with recruits, they are also training - Drill Sergeants.

The program is an ongoing effort to solicit Soldiers who want to be part of an elite unit which begins the training of Soldiers.

The benefits are great. A Soldier who completes the Drill Sergeant Course has a significant edge over his contemporaries. First, there is the fast track in promotions. Successful completion means an extra 20 promotion points through Staff Sergeant. Next are schools. Drill Sergeants are almost always guaranteed acceptance to the schools of their choice. Additionally, there are lots of tours worldwide.

If that is not enough incentive there's always the deployment aspect - there is none overseas.

The commitment for becoming a Drill Sergeant is two years. Afterwards you can stay in the program.

Then there is what the Army expects. You are the first touch these recently converted civilian have. You make a difference.

The quality of your work is seen as the recruits exit Basic Training and go on to AIT. Your talent, your dedication, your example are the stuff that future Soldiers are made of.

If you are interested, contact Staff Sgts. Carlos Santiago or Amirca Sostre by calling 707-4538 or by email to carlos.santiago7@us.army.mil.



Staff Sgts. Carlos Santiago (left) and Amirca Sostre are ready to train Soldiers who are applying for the Drill Sergeant Academy.

The Drill Sergeant School Course is a functional course providing qualified noncommissioned officers with specialized training resulting in the awarding of the "X" and "8" skill qualification identifier. The DSSC is designed to build on the leadership abilities and technical knowledge acquired by the candidate and provides him/her the unique knowledge and skills required to train IET Soldiers.

The NCO Creed

No one is more professional than I. I am a Noncommissioned Officer, a leader of soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army". I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!



Ft. Buchanan ASAP focus on alcohol abuse prevention

National Children of Alcoholics Week

Myrna Llanos
ASAP Prevention Counselor

With an estimated 6.6 million children under the age of 18 in the U.S. living in households with at least one alcoholic parent and affected or exposed to a family alcohol problem, the National Association for Children of Alcoholics each year promotes *Children of Alcoholics Week* (Feb 8-14, 2009) to bring public attention to the plight of these children. The theme of this public awareness campaign, "A Celebration of Hope and Healing across Generations," proclaims the responsibility we should all share for the well-being of all our children, but especially for those who struggle with alcohol or drug addiction in their families. NACoA envisions a society in which these vulnerable children have access to adults who can help them and are encouraged to seek help.

Current research findings suggest that these children are at risk for a range of cognitive, emotional, and behavioral problems. In addition, genetic studies indicate that alcoholism tends to run in families and that a genetic vulnerability for alcoholism exists. Children of alcoholics are four times more likely than other children to become alcoholics some studies reveal. Yet, some investigators also report that many children from alcoholic homes develop neither psychopathology nor alcoholism.

Child and adolescent psychiatrists have found that children in such families are at greater risk for having a variety of problems like the following —

- **Guilt.** The child may see himself or herself as the main cause of the mother's or father's drinking.
 - **Anxiety.** The child may worry constantly about the situation at home. He or she may fear the alcoholic parent will become sick or injured, and may also fear fights and violence between the parents.
 - **Embarrassment.** Parents may give the child the message that there is a terrible secret at home. The ashamed child does not invite friends home and is afraid to ask anyone for help.
 - **Inability to have close relationships.** Because the child has been disappointed by the drinking parent many times, he or she often does not trust others.
 - **Confusion.** The alcoholic parent will change suddenly from loving to angry, regardless of the child's behavior. A regular daily schedule, which is very important for a child, does not exist because bedtimes and mealtimes are constantly changing.
 - **Anger.** The child feels anger at the alcoholic parent for drinking, and may be angry at the non-alcoholic parent for lack of support and protection.
 - **Depression.** The child feels lonely and helpless to change the situation.
- Although the child tries to keep the alcoholism a secret, teachers, relatives, other adults, or friends may sense that something is wrong. Child and adolescent psychiatrists advise that the following behaviors may signal a drinking or other problem at home —
- Failure in school; truancy.
 - Lack of friends; withdrawal from classmates.
 - Delinquent behavior, such as stealing or violence.
 - Frequent physical complaints, such as headaches or stomach aches.
 - Abuse of drugs or alcohol.
 - Aggression towards other children.
 - Risk taking behaviors.
 - Depression or suicidal thoughts or behavior.



Some children of alcoholics may act like responsible "parents" within the family and among friends. They may cope with the alcoholism by becoming controlled, successful "overachievers" throughout school, and at the same time be emotionally isolated from other children and teachers. Their emotional problems may show only when they become adults.

Early professional help is important in preventing more serious problems for the child, including alcoholism. Child and adolescent psychiatrists can diagnose and treat problems in children of alcoholics. Fort Buchanan's Alcohol and Substance Abuse Program supports this campaign by offering this information to stimulate awareness and focus on prevention.

(Editor's Note: The information in this article was taken from the National Association for Children of Alcoholics and *Facts for Families* at the American Academy of Child and Adolescent Psychiatry Web sites. Information is provided for general reference purposes. It does not constitute medical or other professional advice and should not be used as a substitute for the medical care and advice of your child and adolescent psychiatrist or other physician. Only a qualified, licensed physician can determine the individual treatment that is appropriate for your particular circumstances. If you have a question about substance abuse, email myrna.llanos@us.army.mil or call (787) 707-3125.

DUI vs. DWI

Myrna M. Llanos
ASAP Prevention Coordinator

DUI stands for **Driving Under the Influence**. DWI stands for either **Driving While Intoxicated** or **Driving While Impaired**. All these terms relate to driving after consuming alcohol or drugs. The drugs don't have to be illegal for a DUI to be issued - they can be illegal narcotics, over the counter medication, or prescribed medication.

Driving under the influence of alcohol is the act of operating a motor vehicle (and even a bicycle, boat, airplane or horse in selected jurisdictions) after having consumed alcohol, to the degree that mental and motor skills are impaired. It is a criminal offense in most countries around the world.

Historically, guilt was established by observed driving symptoms, such as weaving; administering field sobriety tests, such as a walking a straight line heel-to-toe or standing on one leg for 30 seconds; and the arresting officer's subjective opinion of impairment. Starting with the introduction in Norway in 1936 of the world's first per se law which made it an offense to drive with more than a specified amount of alcohol in the body, objective chemical tests have gradually supplemented the earlier purely judgmental ones. Limits for chemical tests are specific for blood alcohol concentration or concentration

of alcohol in breath.

Depending upon the state in which you are the severity of the offense may vary.

In some states, the drunk driving laws differentiate between a DUI and a DWI, where the DUI is a lesser charge. In these states, a DUI usually signifies a lesser degree of intoxication, which is determined by a person's blood alcohol level at the time of arrest. Sometimes, states will allow the charges of a DWI to be reduced to a DUI. In the case of a reduction from a DWI to a DUI, certain conditions typically must be met, such as the incident being a first offense, the defendant's display of remorse for the action, and a blood alcohol level that was not drastically over the legal limit. For example, the state of New York differentiates between DWI and DUI by establishing a blood alcohol level of .08 as the legal limit for DWI. If a person has a blood alcohol level of .07, the charges may be reduced to a DUI, which carries a lesser punishment. Some states (like Virginia and New Jersey) do not recognize any difference between a DUI and a DWI. As far as the laws of these states are concerned, any blood alcohol level over the specified limit is a crime that will be punished in the same manner. In Minnesota, on the other hand, there is technically no such thing as a DUI because they only use the term DWI. In some states, the terms DUI and DWI are used to indicate whether a person was driving impaired under the influence of drugs or alcohol. In this case, DUI is reserved for illegal drugs.

The distinction for the federal government is drawn based on severity. A DWI is issued when the blood alcohol content is over the 0.08 limit, whereas a DUI is a less severe term, given when a person's BAC is under 0.08.

With the advent of a scientific test for blood alcohol content, enforcement regimes moved to pinning culpability for the offense to strict liability based on driving while having more than a prescribed amount of blood alcohol, although this does not preclude the simultaneous existence of the older subjective tests. BAC is most conveniently measured as a simple percent of alcohol in the blood by weight. The validity of the testing equipment/methods and mathematical relationships for the measurement of breath and blood alcohol has been criticized.

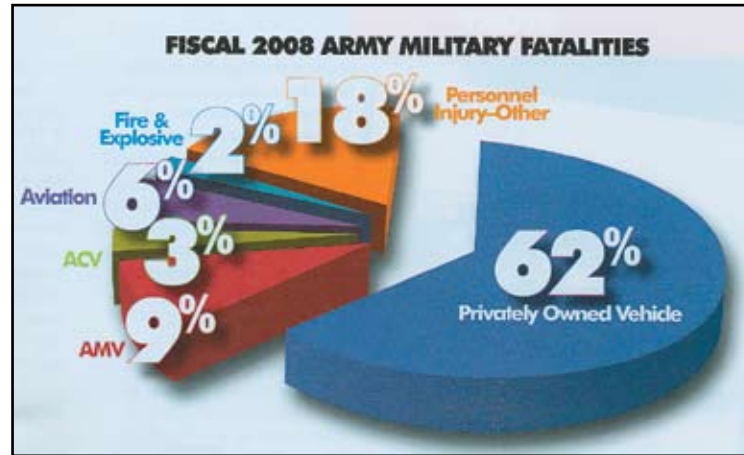
Driving while consuming alcohol may be illegal within a jurisdiction. In some it is illegal for an open container of an alcoholic beverage to be in the passenger compartment of a motor vehicle or in some specific area of that compartment. Some states now have two statutory offenses.

The first is the traditional offense, variously called *driving under the influence of alcohol*, or *driving while intoxicated/impaired*. The second and more recent is the so-called illegal driving per se offense of driving with a blood-alcohol concentration of 0.08% (previously 0.10%) or higher.

The first offense requires proof of intoxication, although evidence of BAC is admissible as presumptive evidence of that intoxication. The second requires only proof of BAC at the time of being in physical control of a motor vehicle. An accused may be convicted of both offenses, but may only be punished for one. It is also a criminal offense in all states to drive a vehicle while under the influence of drugs, or under the combined influence of alcohol and drugs; the drugs themselves need not be illegal, but can be prescription or even over-the-counter. In some states, the effects of some herbal remedies fall into this category. This offense requires evidence of impairment as a result of the drugs or drugs and alcohol; although some states have passed laws making driving with the mere presence of certain drugs a criminal offense.

You have choices - a choice to drink, a choice not to drink, a choice to drink to impairment, and a choice of whether or not to drink and drive. DUIs and DWIs can be prevented if you make responsible choices.

(Editor's Note: Some information was retrieved from Wikipedia. For questions about substance abuse, email Myrna Llanos at myrna.llanos.us.army.mil or call (787) 707-3125.



Courtesy of Knowledge Magazine





2009 Summer programs for high school students

• George Washington University Science & Engineering Apprenticeship program (summer).

Applications due — Feb. 27, 2009.

This program places academically talented high school students (at least 16 yrs old, sophomores/ juniors) with interest in science & math in Dept. of Defense laboratories for an 8-wk period over the summer. This is an invaluable experience in the world of scientific research, with hands-on exposure to scientific & engineering practices not available in the high school environment. It is a paid apprenticeship (\$2,000) and the students are assigned a scientist or engineer as their mentor.

To apply online or get more information about the program visit Web site www.usaeop.com.

Students must submit their transcript (minimum GPA 3.0) and teacher recommendation to the program director for consideration and daily transportation is the student's responsibility.

Program runs June 22 - August 14, 2009.

• FREE!! The National Center for Health Marketing Global Health Odyssey Museum is pleased to offer the 2009 CDC Disease Detective Camp. DDC is an academic day camp for students who will be high school juniors and seniors during the 2009-2010 school year. Campers will take on the roles of disease detectives and learn how CDC safeguards the national health. The camp will be offered twice from June 22-26 and July 13-17.

For more info and to apply to go Web site www.cdc.gov/gcc/exhibit/camp.htm.

Deadline is April 20.

• FREE!! The American Legion sponsors a week-long summer leadership program called Boys State. This years program will be held at McDaniel College in Westminster, Maryland from June 21-27. If you are a junior interested in a leadership opportunity see your guidance counselor right away for more information.

• The Leadership Center at Morehouse College presents the 2009 Coca-Cola Pre-College Leadership Program. There are 2

programs, one for male students completing their sophomore or junior year, and the other for male students completing their senior year.

Applicants must have a minimum 3.0 GPA (on a 4.0 scale). The curriculum focuses on personal and interpersonal leadership skills.

The program runs June 20 to June 26. The cost is \$400.00 and the application deadline is February 20.

To apply, go to Web site www.morehouse.edu. Application access is listed under "Events at the Leadership Center."

• NASA sponsors the National Space Club Scholars Program, a 6 week summer internship at NASA Goddard Space Flight Center. It is open to students who will be 16 years old and have completed the 10th grade by June 2009, have demonstrated high academic success, and have an interest in space science or engineering as a career. Applicants must be U.S. citizens.

Applications are available in the Career Center or online at Web site www.education.gsfc.nasa.gov/pages/placement.html.

Apply now! The application must be postmarked by February 17, 2009.

• University of Maryland Young Scholars Program targets rising juniors and seniors who have a strong academic record and a desire to excel to experience college life while earning three academic credits. 14 courses are offered for three weeks from July 12 -31, 2009.

Visit Web site www.ysp.umd.edu/pr.

• CITY YEAR, WASHINGTON DC (AmeriCorps) - Graduating seniors who are not sure what they want to do after high school should consider applying for a paid community service position with City Year, Washington, DC., a group of 17-24 year olds committed to full-time service for ten months in the Washington, DC community.

Benefits include: living stipend (\$200 per week), health care coverage, free metro pass, and \$4,725 educational scholarship.

For more info visit Web site www.city-year.org or email: cmurphy@cityyear.org or call 202-776-7780, Amanda Seligman.

Tax Assistance

Military OneSource

Military OneSource is pleased to announce that beginning Monday, January 19, 2009, we will again provide free tax consultation and filing services to military service members and their families during the tax season. As in the three previous years, users will have free online access to the TaxCut Basic program.


A brief overview of the program —

• Users must register for Military OneSource and log on to the site for access to the online TaxCut program. A separate logon for the TaxCut site is required.



• Those eligible for the program are active duty, Guard and Reserve (regardless of activation status), spouses and dependent children (authorized in DEERS), family members handling the affairs of a deployed servicemember, DoD employees working in support roles (Army Community Services, Fleet & Family Services, Family Support Center, Marine Corp Community Services), and severely injured servicemembers or family members handling their affairs.

• Participants will have free access to the H&R Block Basic TaxCut program. Those with more complicated returns may incur charges if they upgrade to the H&R Block TaxCut Premium program.

• Participants can e-file one state resident return for each federal return that they e-file with TaxCut Online.

Start Smart programs are opportunities for parents and children to work together to prepare children for sports by teaching them basic motor skills and also sport-specific skills, with the intent of starting children on a lifelong path of health and fitness. Fort Buchanan's Child, Youth & School Services is proud to announce the start up of this Army wide initiative on Wednesday, February 25th 2009 from 10:30 hours to 11:30 and continuing on each Wednesday to April 1st. Start Smart will be conducted at Building 348, Child Development Center playground. This program is open to all children 3 to 4 years of age and accompanied by a parent. For registration information call 787-707-3787.


EXTRA...EXTRA...READ ALL ABOUT IT!

Child, Youth & School Services (CYSS) Middle School Program has temporarily relocated to Coconut Grove, Building 1142, effective 12 January 2009, while their new facility is being built.

CYSS Middle School Program supports youth in grades 6, 7, & 8 with a full range of programs and activities, including but not limited to:

- ARTS & CRAFTS
- COOKING CLUB
- TECHNOLOGY LAB
- PHYSICAL FITNESS PROGRAMS
- HOMEWORK CENTER
- 4-H PROGRAMS
- BGCA PROGRAMS
- CHARACTER COUNTS
- AND MUCH, MUCH MORE.

For more information or questions about our move and programs, please call 787-707-3787 or DSN 740-3787.





Eric Shinseki sworn in, vows service to vets

WASHINGTON — Retired Army Gen. Eric K. Shinseki took the oath of office today as the Nation's seventh Secretary of Veterans Affairs, assuming the leadership of the Department of Veterans Affairs following Tuesday's confirmation by the Senate.

"The overriding challenge I am addressing from my first day in office is to make the Department of Veterans Affairs a 21st century organization focused on the nation's veterans as its clients," Shinseki said.

Shinseki plans to develop a 2010 budget within his first 90 days that realizes the vision of President Obama to transform VA into an organization that is people-centric, results-driven and forward-looking.

Key issues on his agenda include smooth activation of an enhanced GI Bill education benefit that eligible veterans can begin using next fall, streamlining the disability claims system, leveraging information technology to accelerate and modernize services, and opening VA's health care system to Veterans previously unable to enroll in it, while facilitating access for returning Iraq and Afghani-

Retired Army Gen. Eric K. Shinseki took the oath of office as Secretary of Veterans Affairs on Jan. 21.

Shinseki was born in Hawaii in 1942 and graduated from the U.S. Military Academy at West Point, N.Y., in 1965. He served two combat tours and was wounded in action in Vietnam. He served with distinction in Europe, the Pacific and stateside, eventually becoming the senior officer in the U.S. Army in June 1999. He retired from the Army in August 2003.



stan veterans.

Shinseki, a former Army Chief of Staff, takes the reins of a 284,000-employee organization delivering health care and financial benefits to millions of veterans and survivors under a \$98 billion budget authorized this year through networks of regional benefits offices and health care facilities from coast to coast.

VA assisting with health care costs

WASHINGTON — For veterans struggling financially due to a job loss or decreased income, the Department of Veterans Affairs offers an assortment of programs that can relieve the costs of health care or provide care at no cost.

"With the downturn in the economy, VA recognizes that many veterans will feel the effects," said Secretary of Veterans Affairs Dr. James B. Peake. "Therefore, it is important that eligible veterans learn of the many ways VA has to help them afford the health care they have earned." (*Ed. Note: since the writing of this article, former Army general Eric Shinseki has been named Veterans Affairs Secretary*).

Veterans whose previous income was ruled too high for VA health care may be able to enter the VA system based upon a hardship if their current year's income is projected to fall below federal income thresholds due to a job loss, separation from service or some other financial setback. Veterans determined eligible due to hardship can avoid copays applied to higher-income veterans. Qualifying veterans may be eligible for enrollment and receive health care at no cost.

Also eligible for no-cost VA care are most veterans who recently returned from a combat zone. They are entitled to five years of free VA care. The five-year "clock" begins with their discharge from the military, not their departure from the combat zone.

Each VA medical center across the country has an enrollment coordinator available to provide veterans information about these programs. Veterans may also contact VA's Health Benefits Service Center at 1-877-222 VETS (8387) or visit the VA health eligibility Web site at www.va.gov/healtheligibility.

Healthcare offered to previously ineligible veterans

WASHINGTON — The Department of Veterans Affairs announced today plans to re-open enrollment in its health care system by July 2009 to about 265,000 veterans whose incomes exceed current limits.

The change affects veterans whose incomes exceed the current VA means test and geographic means test income thresholds by 10 percent or less. Enrollment for the lowest priority of the eight groups — veterans who are not being compensated for a military-related disability and who have incomes above a set threshold.

VA originally suspended enrollment for Priority 8 veterans because it was unable to provide all enrolled veterans with timely

access to its health care due to a tremendous growth in the number of veterans then seeking enrollment. VA's computer systems are being modified to accommodate the changes, and the Department is preparing communication and education materials to ensure that Congress, veterans service organizations, and the public are aware of the coming changes.

"The rule will take effect by June 30, 2009, if the regulatory process proceeds smoothly," the VA said. "We look forward to welcoming these newly eligible veterans into the VA system. VA will continue to monitor wait times to ensure the quality of care is not adversely affected."



VA to provide payments to eligible surviving

Quick action taken to resolve problem identified by Senate chairman

WASHINGTON — The Department of Veterans Affairs today announced immediate actions to quickly identify and pay surviving spouses who are eligible to receive a one-time compensation or pension payment for the month of the veteran's death.

"This benefit payment is long overdue to many of our beneficiaries," said then Secretary of Veterans Affairs Dr. James B. Peake. "In these difficult economic times, it is imperative that we take aggressive action to fix this situation for the families of our veterans."

Problems in VA's implementation of a change in law that was effective in 1997 resulted in some surviving spouses not receiving the veteran's compensation or pension payment for the month of death. This problem was recently brought to VA's attention by Sen. Daniel K. Akaka, chairman of the Senate Veterans' Affairs Committee.

Peake immediately directed the formation of a special task force to identify and pay the beneficiaries who never received the benefit or were inadvertently required to repay the money issued for the month of a veteran's death.

Surviving spouses most likely to be affected by this processing problem are those who never applied to VA for survivors' benefits following the death of a veteran.

The task force is in the process of reviewing VA's payment records for veterans who died after December 31, 1996, and who are survived by a spouse. The review will identify those

to whom VA owes retroactive benefits for the month of the veteran's death. Current address information is being obtained for as many of these beneficiaries as possible.

VA will begin issuing retroactive payments to eligible surviving spouses at the end of this month. Payments will continue to be issued as additional unpaid beneficiaries are identified and VA is able to obtain current address information.

Because there are deceased veterans for whom VA does not have marital status information, a special Survivors' Call Center has been established for spouses who believe they may be entitled to this retroactive month-of-death benefit.

Surviving spouses are encouraged to contact the Survivors' Call Center at the toll-free telephone number, 1-800-749-8387.

Call center agents will assist surviving spouses in providing VA with the information needed to determine their eligibility.

The Call Center is open Monday through Friday, 7 a.m. to 7 p.m. Central Standard Time. Inquiries may also be submitted through the Internet at Web site www.vba.va.gov/survivorsbenefit.htm.

VA is aggressively changing its processing procedures to ensure this benefit is correctly paid to all surviving spouses in the future. VA's disability payment system will also be enhanced to automate the month-of-death payment for all eligible surviving spouses.

NUEVO SERVICIO TELEFONICO PARA VETERANOS Y VETERANAS

En su empeño de perseguir el óptimo cuidado médico disponible, el Sistema de Salud de Veteranos del Caribe ha establecido un nuevo servicio telefónico para cumplir con todas las necesidades de los veteranos y veteranas matriculados. Este servicio contará con una mejor tecnología y tendrá mayores recursos humanos disponibles.

Desde el 26 de enero de 2009, los veteranos de San Juan, Ponce y Mayagüez solamente necesitarán un número para coordinar sus citas de medicina primaria, obtener respuestas a sus preguntas sobre medicamentos y obtener respuestas a sus preguntas sobre el cuidado de su salud ("tele-care"). El nuevo número es el:

1-877-737-8820

El nuevo servicio telefónico contará con servicio de llamadas devueltas, así como la facilidad de dejar mensajes a los diversos departamentos.

NEW TELEPHONE SERVICE FOR VETERANS

In its constant pursuit of healthcare excellence, the VA Caribbean Healthcare System has have established a new telephone number to fulfill all of the enrolled veterans' needs. This service will have an improved technology and increased human resources.

Commencing on January 26, 2009, veterans in San Juan, Ponce and Mayaguez will only need one number to coordinate their appointments in Primary Care, obtain answers to questions regarding medications and get answers to questions about healthcare issues ("tele-care"). The new number is:

1-877-737-8820

The new service will feature a return call service, as well as easy access to leave messages for various areas.



Army expands Soldier funeral honors



Sara Moore
American Forces Press Service

WASHINGTON — Starting early next year, the Army will allow full military funeral honors at Arlington National Cemetery in Virginia for all soldiers killed in action.

"Full military honors include a caisson, band, colors team and an escort platoon in addition to the standard honors of a firing party, bugler and chaplain. In the past, the caisson was available only for officers killed in action because of limited availability," Paul Boyce, an Army spokesman, said.

"The cemetery has two caissons, or horse-drawn vehicles, which now will be available for officers and enlisted Soldiers killed in action on a first-come, first-served basis," Boyce said. "The limited availability may delay the funerals, he said, so families of deceased soldiers may decide to go forward with the funeral earlier without a caisson."

"In response to requests from families of deceased servicemembers, Soldiers and veterans, Army officials have been looking at changing the policy for military honors at Arlington since April," Boyce said. Having the change in place now means the policy will take effect early next year.

"This brings a much more common standard to anyone who is killed in action or the family of anyone killed in action who want to use Arlington National Cemetery," he said.

The policy change affects only funerals at Arlington, Boyce said, because Arlington is the only military cemetery controlled by the Department of the Army and has unique assets. It also only applies to soldiers killed as a result of —

- Any action against an enemy of the United States.
- Any action with an opposing armed force of a foreign country in which U.S. armed forces are or have been engaged.
- Serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.
- An act of any such enemy of opposing armed forces.
- An act of any hostile foreign force.
- An international terrorist attack against the United States or a foreign nation friendly to the United States, recognized as such an attack by the secretary of the Army.
- An act of any hostile foreign force during military operations while serving outside the territory of the United States as part of a peacekeeping force
- Action by friendly fire, defined as weapon fire while directly engaged in armed conflict, other than as the result of an act of an enemy of the United States, unless the Soldier's death was the result of the Soldier's willful misconduct.

"Arlington National Cemetery is an expression of our nation's reverence for those who served her in uniform, many making the ultimate sacrifice," Army Secretary Pete Geren said in an Army news release. "Arlington and those honored there are part of our national heritage. This new policy provides a common standard for honoring all soldiers killed in action."

More than 300,000 people, including veterans from all the nation's wars, are buried at Arlington National Cemetery. The cemetery conducts about 6,400 burials each year. The new policy applies only to Soldiers, though officials are awaiting word from the other services on whether they wish to adopt a similar policy.

Every day is Mom's day at the commissary

DeCa Public Affairs

Every day in commissaries around the world mothers are shopping for their families. They often pay attention to everyone but themselves. The Defense Commissary Agency would like to lavish some well-deserved attention on the military mom for a change. "Moms are the heartbeat of our military families, whether they are holding down the home front or in uniform themselves deployed down range," said Philip E. Sakowitz Jr., DeCA director and chief executive officer. "From January through Mother's Day in May, we want to focus special attention on our military moms and show them how much they mean to us." During this promotion, commissaries stateside and overseas will roll out their "red carpets" for mothers who populate all segments of the military community. Each store will highlight a special shopping area for military moms, a place where mothers can



purchase discounted products to treat themselves or where their husbands, children and grandchildren also can do the honors. It's the commissary's way of saying "Thank you" to a customer demographic that represents about 80 percent of daily commissary shoppers. Commissary customers can expect to see banners and posters that point the way toward product displays designed especially for mom. They also will see product giveaways and demonstrations as well as an emphasis on women's health articles posted on the DeCA Web site, www.commissaries.com in the Ask the Dietitian forum.

Scholarship application deadline is Feb. 18

Applications for the Scholarships for Military Children Program must be in the store—either by hand or mail—by close of business Feb. 18. They are available in commissaries worldwide or online through a link at Web site www.commissaries.com.

Get fit — DeCa steps up to the plate

Lt. Col. Karen E. Hawkins
CA Dietitian

FORT LEE, Va. — Another new year is here and many of us want to lose a few pounds or try to get in shape. There are many diets out there that promise to help you lose the weight, yet not all are safe. To lose weight gradually and keep it off, here are 10 tried and true tips that you can live with while losing weight and getting in shape.

1. **Go slowly.** Set a realistic goal for weight loss and write it down. Losing two to no more than three pounds a week is generally recommended by the experts. Remember how long it took to gain the weight? Give yourself time to lose it gradually and you are more likely to keep it off as you change your lifestyle habits.

2. **Be active.** Calories in, calories out or what you eat is what you get. This means be active. Go walking, swimming, jogging, bicycling or even dancing — an activity you enjoy — to burn those calories. The key is to make physical activity a part of your everyday life.

3. **Go small.** Use the small plate and small bowl at meals instead of the large ones. It is too easy to eat too much when you use a big dinner plate or a large bowl, especially for that nighttime ice cream.

4. **Eat fiber.** Aim for 25 to 35 grams of fiber a day. Fiber fills you up and helps you feel full for a long time between meals. Easy ways to get more fiber include eating cereal for breakfast that has 10 or more grams per serving; eat a pear or an apple for a snack; add beans to your meals, soups, and salads; and add a few nuts as a snack or on a salad.

5. **Eat protein.** Do not skimp on protein; this includes chicken, fish, turkey, lean beef and pork. It also includes dairy foods like skim milk, yogurt, low-fat cheeses, beans and nuts, all found in your commissary at savings of 30 percent or more. The average person needs 0.8 grams protein per kilogram body weight, about 60 to 90 grams of protein a day.

6. **Watch those servings.** Portion control, portion control, portion control! A serving that is bigger than your fist is probably too much to eat — unless it's vegetables, which is the next tip.

7. **Eat your veggies.** Eat vegetables at lunch and dinner. Portions are not so important here. In fact, eating vegetables is a good place to cheat if you need to. Make sure to fill up half your plate at meals with vegetables. The fiber, water content and nutrients in vegetables help the body lose weight. Fresh, canned or frozen veggies are all great choices. Avoid the sauces, though, as they add many extra calories.

8. **Eat your fruit.** Fresh, canned or frozen: they all make great snacks and a nice desert. Dried fruit is OK, too, as long as you control the portion sizes.

9. **Get support.** Get support from your family and friends to stay on track with your weight loss. How about creating your own biggest losers contest and invite others to join? Support goes a long way with weight loss.

10. **Celebrate your success!** Give yourself a pat on the back and more as you continue to lose weight. It's no easy task. As you reach a weight loss goal, how about something special to reward yourself? Make it something that you really can enjoy like a new outfit, season tickets for your favorite sport, a special vacation. You decide what it is and write it down with your goal.

For more information about making healthy choices, visit Ask the Dietitian on Web site www.commissaries.com and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.



BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	116	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight						Obese				



Fort Buchanan welcomes in 2009 with a New Year's Reception



Photos by Leo Martinez

Greeting the guests attending the New Year's Reception Jan. 10, 2009 at the Community Club were — (left to right) Maj. Gen. Charles E. Gorton, commanding general, 81st Mission Support Command; Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command; Col. Edwin C. Domingo, commanding officer, Fort Buchanan and his wife Rebecca; CW5 Jose R. Rodriguez-Fabiani and his wife Mariana Santos-Morales; 1st Mission Support Command Sergeant Major Marcial Felix and his wife Ivonne A. Felix and Fort Buchanan Command Sergeant Major David Davis.

Elmo reflects on year's accomplishments

Marc McCormick
El Morro

Brig. Gen. David S. Elmo proudly reflected on the contributions of the PRimeros of the 1st Mission Support Command noting their worldwide accomplishments in carrying out the Army's mission. The Reservists who make up the command unstintingly gave in their support in the ongoing War Against Global Terror.

In addition to fulfilling a demanding op tempo, the 1st Mission Support Command also transformed itself to better reflect the current operating environment and the tasks that have been levied against it. Changing designators from the 65th Regional Readiness Command to the 1st Mission Support Command, the Soldiers and officers comprising the unit handled all challenges thrown at them in a highly professional manner.

General Elmo said, "It always starts and



Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, spoke about the command's 2008 accomplishments at the garrison commander's New Year's Reception.

always ends with troops. 2008 has been a great year for us; a great year for the Army Reserve. It was our 100th Anniversary year. In the last year, I am singularly proud of the fact that the 1st Mission Support Command sent and brought back more than 600 Soldiers without any major problems. We never left a fallen comrade; it's a great record. We saw some great changes here in Puerto Rico. Principally, we got a new number (1st MSC) and a new name. We concentrated in 2008 as being the year of our NCOs and I am proud to note that 2009 is going to be the Army Year of the NCO. We have a saying, "Somos Los Primeros," for lots of reasons and setting the stage and pointing the path is one of those. In the last year, we have had Soldiers throughout Iraq, Afghanistan, Jordan, Kuwait, Korea, Germany, the Dominican Republic, Chile, Guatemala, and my home, Las Bahamas. In the United States, they went from Alaska to Texas and many other places in between. We excelled and got high honors at the Department of the Army level. Our efforts as a major Army command was singled out as a community of excellence," Elmo said.



Chap. (Col.) Rabbi Jacob Goldstein delivered the invocation for the New Year's Reception denoting the sacrifices of Soldiers and their families and asking for divine protection for them as they protect and serve.

Marc McCormick
El Morro

It is an Army tradition that each year the garrison commander welcomes distinguished leaders and representatives of the community to the garrison. It is a symbolic function extending the hand of cooperation and friendship to the people who support and sustain the garrison.

It is also a time when senior mission commanders can provide a message for the upcoming year and focus the spotlight on the last year's accomplishments.

This year the garrison was fortunate to have the major command senior leader Maj. Gen. Charles E. Gorton, commanding general, 81st Mission Support Command, as the guest speaker.

The garrison commander, Col. Edwin C. Domingo, also addressed the crowd. In his remarks he said, "Tonight's New Year's reception besides being one of the Army's finest traditions, feels more like an Army family gathering. It's the brothers and sisters from the Reserve and the National Guard, the cousins from the Marines, Navy and Coast Guard, our close friends from the Federal agencies and our extended family from the 'Isla del Encanto.'"

"This year, with many of our family members in harm's way, the family gathered here tonight, along with the Soldiers' families, always keeps in our minds and in our hearts the Soldiers preparing to go and the ones that just got back; we grieve over the Soldiers that came back wounded and injured and the ones that we lost. We are an Army family."

"What is it that families do during tough times? They pull together, just as we do. That's what family is all about, helping each other. That's why our Fort Buchanan family is so unique. We share a special bond that keeps us strong, Army strong, to take any challenges and transform them into opportunities. This is why we are profoundly grateful and indebted to you — military, civilians, veterans, retirees, and all the community for everything you do."

"We couldn't be prouder of all of you and the outstanding work you do every day, sometimes foregoing personal comfort and time with loved ones, to help the Army fulfill its mission. Talking about missions, no gathering would be complete without the heart of our family, 'the backbone of the Army', our non commissioned officer corps."

"2009 was declared 'The Year of the NCO' by the Secretary of the Army, honoring the commitment to service and willingness to sacrifice on behalf of our nation, of the world's most accomplished group of military professionals — the U.S. Army's Noncommissioned Officer Corps. They live by their Creed that states, 'My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers.'"

"Tradition, dignity, strength, character and high standards are only a few words that describe the backbone of the American Army, our NCOs."



(Right) Col. Edwin C. Domingo, commanding officer, Fort Buchanan, hosted a New Year's reception welcoming senior leaders and civilians to 2009. Guests of honor were — (left) Maj. Gen. Charles E. Gorton, commanding general, 81st Regional Support Command and (middle) Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command.



(Upper right) Lt. Col. (Ret.) Ramón Negrón, president, Military Order of World Wars; Brig. Gen. (Ret.) Antonio Rodríguez-Baliñas, former commanding general, 65th regional Readiness Command and Fort Buchanan Commanding Officer Col. Edwin C. Domingo share a moment prior to the start of the New Year's reception Jan. 10 at the Community Club. (Upper left) Héctor Santiago, director, Fort Buchanan Equal Opportunity Office and Meridith Santiago were one of the many couples who attended the New Year's Reception Jan. 10. (Left) Magda Figueroa, Executive Officer, Fort Buchanan (left) and her aunts Carmen Schacte and Dalila Howard were guests attending the New Year's Reception.



Child, Youth & School Services supports Yellow Ribbon Reintegration

by providing Short Term Alternative Child Care services at El Conquistador Hotel in Fajardo recently. CYSS staff provided developmentally appropriate activities to 43 children and youth, whose ages ranged from 4 months old through 13 years old.



Children were provided with a variety of crafts during the event.



CYSS Employees
Olga Marrero
María Reyes
Evelyn De La Cruz
Yomara Acosta
Maritza Acosta
Nilda Angüeira
Gladys Colon-Algarín
Milagros Rivera

Volunteers
Jorge Algarín
Zamaslie Reyes



Courtesy Photo



Some little ones need more rest than others. CYSS personnel and volunteers made sure the youngsters got their rest during a busy day of activities.



Older children had activities centered around arts and crafts.

Child, Youth & School Services Administrative Phone Numbers

CYS Chief Office
787-707-3399

Sports & Fitness Director
787-707-3466

CDS Coordinator
787-707-3598

Youth Services Director
787-707-3783

Community, Liason Education and Outreach Services Director
787-707-3434

Functional Technology Specialist
787-707-3432

Fax
787-707-3392

Location
Building 1020 A&B

Hours of Operation
Monday - Friday
7:30 am - 5 pm





Reserves

Infrastructure. To optimize the enterprise we must —

- Attract and retain the very best Warrior Citizens to serve our nation (Manning), prepare, train, and equip Soldiers (Readiness).

- Provide our Soldiers with the latest mission ready modular force equipment, (Materiel),
- Provide for the well-being of our Soldiers, Families, Army Civilians, and employers while providing training and unit facilities and secure, redundant communications (Services & Infrastructure),

Working together, these core management areas enable the Army Reserve enterprise to realize its ultimate goal — predictable, trained, and ready units — the essential components that define Capability.

The Contemporary environment —

We can expect the future to be an era of unpredictable yet persistent conflict. The changed world since 9/11 compels the Army Reserve to transform from the historic strategic force in reserve to an operational force with relevant capabilities to respond to national emergencies and provide the Army with the right forces at the right time wherever needed in the world.

One thing that will not change is the Army's reliance on the Army Reserve to provide critical civilian-acquired skills the Army needs to succeed. Since Sept. 11, 2001, roughly 168,500 Army Reserve Soldiers have been activated to serve in Iraq, Afghanistan and more than a dozen other countries. As of Dec 30, 2008, there are approximately 27,780 Army Reserve Soldiers serving on active duty in support of the global war on terrorism and homeland defense missions.

Operationalizing the Army Reserve is right for this nation —

Transformation, the inactivation and activation of units, means new units, new jobs and new opportunities for Army Reserve Soldiers who want to serve with a dynamic organization that's changing to meet the realities of the new global security environment. The Army Reserve will continue to realistically program and budget for costs to transform the Army Reserve into a force that is integrated into, and complements, the Joint Force.

The Fiscal Year 2009 Budget is \$7.5 billion for all Army Reserve appropriations and enables continued Army Reserve transformation efforts while providing depth and readiness for deployment. The budget also provides increased funding levels for pay and allowances, Family support, recruiting and retention, and funding for repair and maintenance of Army Reserve facilities and training ranges. The Army Reserve appreciates the resources that Congress continues to give us to perform our Title 10 responsibilities abroad and on the home front. Our collaborative work with the Army has resulted in increases in the Army Reserve's base and supplemental funding. We have made progress in communicating our strategic requirements; however, work still needs to be done to ensure they are appropriately reflected in the base budget.

As a Federal operational force, the Army Reserve provides this nation and the Army with relevant, known capabilities to respond at a moment's notice to mitigate domestic emergencies, support homeland defense missions, and meet the ongoing demands of the global war on terrorism.

Change is inevitable. Learning organizations grow and evolve. We are accelerating the pace toward a fully opera-

tional Army Reserve to meet the challenges and demands of the 21st Century. We are reengineering our systems and processes to be fast and flexible. Thus, we are poised to support any mission with a ready source of trained and capable Army Reserve Soldiers and units. We are optimizing our value by expanding capacity in capabilities that are most in demand in the contemporary operating environment. We have created an agile, flexible organizational structure that provides cohesive functional force packages to the Combatant Commander when and where they are needed to achieve mission success. We are building a rotational-based force to provide predictability for Army Reserve Soldiers, their Families and their employers

Operational and functional Army Reserve units are available and ready to deploy one in five years in the Army Force Generation model ensuring a consistent source of significant capabilities to the Army. The ability of the Army Reserve to train units for full spectrum operations is directly linked to funding and manning. The Army Reserve Training Strategy is employed to provide the methodology necessary to train an operational Army Reserve. It is an integrated plan that, when fully funded and implemented, will provide trained and ready Army Reserve units in support of the operational needs of the United States Army.

Focus on readiness —

Our "train-alert-deploy" model means Army Reserve Soldiers and units are trained and ready to deploy for 12 months in year five of the ARFORGEN cycle, reducing time at the mobilization station, and saving time and money. "Train-alert-deploy" incorporates intense specialized training for individuals, leaders, and units to build professionalism, expertise, and confidence. Most importantly for Soldiers, their families and employers, "train-alert-deploy" decreases the time away from home and civilian employment.

The Army Reserve attracts the right people in communities across this country —

Today's Army Reserve Soldier is a volunteer member of the best trained, best led and best equipped fighting force our Nation has ever fielded. Patriotic young men and women who have a plan for their lives but still want to serve their country look to the Army Reserve to achieve success and strength now and in the future. The Army Reserve achieved its recruiting goal and overwhelmingly met its reenlistment objectives in 2008. The Army Reserve exceeded its recruiting goal by assessing 44,945 new recruits and retained 19,727 Soldiers, or 119 percent of its 2008 goal. Although a good news story for now, recruiting an all-volunteer force in the future will be more challenging.

We are focusing recruiting at the unit and local level because we can capitalize on the fact that we are at the core a community-based organization. Our units are more cohesive and retention is stable.

The Army Reserve Recruiting Assistance Program puts money in the pockets of our Soldiers and civilian workforce for promoting the benefits of the Army Reserve to the quality folks they know and for whom we are looking to join our ranks. It is a great community-based program. We maintain a quality force. That includes a thorough waivers process to carefully consider for service to the nation those who have overcome mistakes earlier in life. We take a "whole person" approach when considering prospective recruits for enlisting with a waiver. Young people who made mistakes earlier in life can change, and such individuals should not be denied the opportunity to serve and help protect our nation.

There are certain things the Army will not waive, such as murder, sexually violent crimes, drug trafficking, and drug dependency. We do not accept people who have been ordered by a court to join the military in lieu of being prosecuted (or as a result of being prosecuted). We do not waive a pattern of misconduct. The Army does not rehabilitate enlistees who receive waivers; they have already overcome their mistakes.

The quality of raw recruits is important, but the finished product is what really counts. The Army takes recruits and builds Soldiers — overwhelmingly, Soldiers who entered the service with conduct waivers perform well.

Sustaining the family is a critical component to retaining the Soldier —

More than half of our Soldiers are married, and they have more than 700,000 children. Volunteers all, they are the strength of our nation. We owe our Soldiers and their families a quality of life equal to the quality of their service, but we must recognize our limits — we may match



Photos by Marc McCormick

Maj. Gen. Steven R. Abt, Deputy Commanding General of U.S. Army Accessions Command spoke to senior military leadership and Puerto Rico community leaders about the state of the Army Reserve and "America's Future Environment" Jan. 27, 2009 at Fort Buchanan's Community Club.

their service, but never their sacrifice.

The Warrior and Family Assistance Center provides Army Reserve Soldiers, families and units with a focal point for assistance in resolving issues. The WFAC will also connect Soldiers and their families with available resources benefits to more effectively help Soldiers resolve conflicts and reduce uncertainty and stress.

The Army Reserve is launching three pilot programs under the Virtual Installation concept. The initiative is a huge step in providing services and programs to our families regardless of a military spouse's proximity to a military installation.

The first pilot is unit based and emphasizes face-to-face or voice-to-voice communication.

The second pilot is community based and geographically focused, and aims to increase military spouses' connections to each other.

The third pilot is web based, high tech and high touch. The goal is to provide comprehensive and current information all the time.

A cadre of Family Readiness Support Assistants, civilian staff, contractors, family members and community volunteers work together to provide an interconnected web of support for Army Reserve families. Each team member contributes a dynamic set of skills and capabilities to commanders and their staff at multiple levels across the Army Reserve to sustain our Families. Virtual Family Readiness Groups are achieving overwhelming success connecting families and units, and providing an additional source of up-to-date information for families through the power of information technology. Army Reserve Families have their own magazine, "Family Strong," a quarterly publication to share relevant information and stories, further strengthening our Families.

The focus on readiness is driving a new training paradigm —

We are more committed than ever in this era of persistent conflict and multiple deployments to maximize the time Army Reserve Soldiers spend training and preparing to deploy. The "train-alert-deploy" model means Army Reserve Soldiers and units are trained and ready to deploy for 12 months in year five of the ARFORGEN cycle, reducing time at the mobilization station, and saving time and money. "Train-alert-deploy" incorporates intense specialized training for individuals, leaders, and small and large unit missions to build professionalism, expertise and confidence. It also decreases the time away from home and civilian employment so there is less disruption in the lives of Soldiers and their families.

Employer support is a linchpin to the future success of the Army Reserve —

The Army Reserve is strong due in no small part to the patriotic support businesses give their Soldier-employee. We listened to the concerns of corporate America. Inherent in the "one-in-five" rotational model is a predictable training and deployment cycle that smoothes the resulting turbulence when Soldier-employees are absent from the civilian workplace.

The operational structure of the Army Reserve and



Civilian Aide to the Secretary of the Army, Maj. Gen. (Ret.) Felix A. Santoni also attended the briefing.



SOUTHCOM Chief of Staff visits Ft. Buchanan

El Morro Staff

Brig. Gen. David C. Garza, Chief of Staff, U.S. Southern Command, visited Fort Buchanan in January 2009.

General Garza received a status report on garrison capabilities and the progress toward Fort Buchanan becoming the Federal Support Center of the Caribbean.

United States Southern Command is a joint command comprised of more than 1,200 military and civilian personnel representing the Army, Navy, Air Force, Marine Corps, Coast Guard, and several other federal agencies.

SOUTHCOM's missions include Counter Drug/ Counter Narco-terrorism exercises and operations; Human rights and humanitarian assistance; Interagency and public and private cooperation; science and technology and theater security

cooperation. Located in Miami, Florida, SOUTHCOM is one of ten Unified Combatant Commands in the Department of Defense. It is responsible for providing contingency planning, operations, and security cooperation for Central and South America, the Caribbean (except U.S. commonwealths, territories, and possessions), Cuba and the Bahamas, and their territorial waters; as well as for the force protection of U.S. military resources at these locations. SOUTHCOM is also responsible for ensuring the defense of the Panama Canal and canal zone.

General Garza was born in Los Fresnos, Texas and enlisted in the United States Air Force in 1969 as a Heavy Equipment Engineer. After MOS training, he deployed to the Republic of South Vietnam in 1970 for a 19-month tour of duty and received an honorable discharge

in 1973 at the rank of Sergeant. Following his discharge from the Air Force, he attended Texas A&M University and graduated in 1977 with a Bachelor of Science Degree.

General Garza's personal Awards include the Legion of Merit, Bronze Star, Defense Meritorious Service Medal and Combat Action Ribbon.

The U.S. Southern Command Area of Focus encompasses 31 countries and 10 territories. The region represents about one-sixth of the landmass of the world assigned to regional unified commands.

SOUTHCOM's Area of Focus includes The land mass of Latin America south of Mexico; the waters adjacent to Central and South America; The Caribbean Sea and a portion of the Atlantic Ocean.



MC1 Daniel Bell

PANAMA CITY, Panama — Sailors maneuver a small boat away from high speed vessel Swift (HSV 2) in preparation for small boat operation instruction to Panamanian Sailors during Southern Partnership Station, a military to military training mission to Central America, South America and the Caribbean Basin. Southern Command is responsible for humanitarian aid and assistance during disasters in the Caribbean and South America.



Marc McCormick

Brig. Gen. David C. Garza, left, Chief of Staff, U.S. Southern Command, visited Fort Buchanan Jan. 2, 2009. He received briefings from Fort Buchanan Commanding Officer Col. Edwin C. Domingo and Civilian Aide to the Secretary of the Army Maj. Gen. (Ret.) Felix A. Santoni while at the garrison.



Marc McCormick

Fort Buchanan Commanding Officer Col. Edwin C. Domingo presented Puerto Rico Police Department Agent Ney Morales Romero a Commander's Coin and a Certificate of Appreciation for his work during the visit of Brig. Gen. David C. Garza. Also pictured are Department of the Army Police Lieutenant Alfredo Aponte and Fort Buchanan Command Sergeant Major David Davis.

Reserves

From Page 12



Photos Marc McCormick

Dr. Iris Lugo, representing the Puerto Rico Commonwealth, was an invited guest to hear Maj. Steven R. Abt speak at the Community Club Jan. 10, 2009. Above, General Abt greets her and exchanges pleasantries prior to his speech.

"one-in-five" ARFORGEN model makes good business sense. Companies are in a better position earlier to plan for Soldier-employee absences for training and deployment periods. Through mutually-beneficial alliances with businesses that share our valuable human capital, we can strengthen Soldier-employees, families, employers and communities. The Army Reserve Employer Partnership is a new initiative with three interrelated components that together leverage employer and Army Reserve recruiting, skills training and credentialing, as well as potential health

cost sharing. It provides a competitive advantage for Army Reserve Soldiers, the Army Reserve and Employer Partners.

Army Reserve Soldiers gain an edge in the employment market over other job hunters when competing for a position because they receive "preferred status" with those employers who partner with the Army Reserve. Army Reserve Soldiers are more employable than other job seekers because they bring a bundle of cost-effective benefits that appeal to Employer Partners such as pre-screening, training and credentialing, and potentially a health-benefits stipend. The Army Reserve is the only military service that offers the benefits of the ground-breaking and exclusive Employer Partnership, and thus enjoys a recruiting advantage over sister services.

The Army Reserve is the product of choice for patriotic men and women who have a personal plan and want to improve the lives of people around the world through nation building and humanitarian assistance, respond quickly to secure and defend the homeland, support and sustain the operating force during war, and who also want to advance their civilian career goals at the same time with Employer Partners.

Employer Partners who hire Army Reserve Soldiers will see a drop in employee costs for recruiting, training and health care benefits. Army Reserve Soldiers are pre-screened, and can apply their skills and credentials in the workplace almost immediately. Employer Partners can channel employee cost savings into other parts of the business to become more profitable. Additionally, Employer

Partners will draw potential employees away from business rivals who are competing for human talent.

More than 170 partnerships have been signed across the Nation and include corporations, industry associations, state agencies and local police departments. National partners include corporations such as Wal-Mart, IBM, Schneider National, Inc., General Electric, and New York Life. Continuing along this path of rapid growth, the Army Reserve plans to sign more than 20 additional agreements in coming months.



Brig. Gen. (Ret.) José M. Rosado, and U.S. Army Accessions Command Deputy Chief of Staff Col. Janice Johnson listen to Maj. Gen. Abt during a AUSA sponsored breakfast at Fort Buchanan Jan. 10, 2009.



Antilles students participate in debate

Pat Ortiz
Antilles High School

January 14th, students from Antilles High School U.S. History class participated in a national broadcast teleconference activity in conjunction with the National Constitution Center in Philadelphia and the Annenberg Foundation.

Hosted by MTV News Su Chin Pak, schools from across the country connected via internet video conferencing to deliberate the question — Is The Constitution Color Blind?

The concept of a color-blind Constitution was first put forth by Justice John Marshall to dismantle legal discrimination against African Americans.

This same concept has come to the forefront of the debate over affirmative action.

Students used primary sources and current court cases as reference points as well as

some actual legal advice from Attorney Graham Castillo from the Ft. Buchanan Installation Legal Office who offered some specific legal interpretations on what makes the law “color blind” in treatment of citizens.

The deliberation, led by Alexa Delucca, Ashley Soto, and Karla Nicklas, was a wonderful way for students to understand the diverse issues that face citizens of all ethnic backgrounds.

The constitutional issue is timely with the inauguration of our first African American president. Barack Obama.

Alexa and her classmates summed up the feeling of the class very simply, “There is a big world out there beyond the walls of Antilles and each one of us needs to roll up our selves and make it OURS!”

For a viewing of the teleconference, visit Web site www.constitutioncenter.org/exchange or www.exchangeideas.org.



Marc McCormick

Students from Antilles High School participated in a nationwide teleconference adding their thoughts to the debate issue — Is the Constitution Color Blind? The local event was put together by AHS Social Studies teacher Pat Ortiz and Ft. Buchanan ILO attorney Graham Castillo.



Job Openings

- **Teacher — Multiple Schedule Options. Announcement DDESSEAS-1710.** \$37,087 - \$116,966. Open date Dec. 16, 2008. Vacancies in Puerto Rico.
- **Speech/Language Pathologist — Multiple Schedule Options. Announcement DDESSEAS-0665.** \$37,087 - \$116,966. Open date Dec. 17, 2008. Vacancies in Puerto Rico.
- **Special Education Assessor — Multiple Schedule Options. Announcement DDESSEAS-1701.** \$37,087 - \$116,966. Open date Dec. 17, 2008. Vacancies in Puerto Rico.
- **School Psychologist — Multiple Schedule Options. Announcement DDESSEAS-0180.** \$41,537 - \$130,998. Open date Dec. 17, 2008. Vacancies in Puerto Rico.
- **Physical Therapist — Multiple Schedule Options. Announcement DDESSEAS-0633.** \$46,359 - \$146,206. Open date Dec. 17, 2008. Vacancies in Puerto Rico.
- **Occupational Therapist — Multiple Schedule Options. Announcement DDESSEAS-0631.** \$46,359 - \$146,206. Open date Dec. 17, 2008. Vacancies in Puerto Rico.
- **Nurse — Multiple Schedule Options. Announcement DDESSEAS-0610.** \$37,087 - \$116,966. Open date Dec. 17, 2008. Vacancies in Puerto Rico.
- **Library Media Specialist — Multiple Schedule Options. Announcement DDESSEAS-1701.** \$37,087 - \$116,966. Open date Dec. 17, 2008. Vacancies in Puerto Rico.
- **Guidance Counselor — Multiple Schedule Options. Announcement DDESSEAS-1740.** \$37,087 - \$116,966. Open date Dec. 16, 2008. Vacancies in Puerto Rico.
- **Education Technologist — Multiple Schedule Options. Announcement DDESSEAS-1701.** \$37,087 - \$116,966. Open date Dec. 16, 2008. Vacancies in Puerto Rico.

THESE POSITIONS CAN BE EXAMINED IN DETAIL ON WEB SITE WWW.USAJOBS.COM
Benefits can be examined at Web site www.usajobs.gov/jobextrainfo.asp. Employees are eligible to participate in Federal Employees Health Benefits. relocation expenses are not authorized. Faxed or electronically submitted applications will not be considered.

Application Process (Conditions listed below may not include all applications requirements)

1. **Application for Employment with DDESS.** The application can be obtained on-line at Web site www.am.dodea.edu/ddessasc/employment/DDESSApplication20052Sep.doc.
2. **Indicate announcement number on application.** A resume may be attached to the application. Resumes without the required “Application for Employment with DDESS” document will not be considered.
3. **Photocopy of all official college transcripts (front and back).** You should place the announcement number of the position you are submitting for on the transcripts. Transcripts not submitted in English will not be considered.
4. **If applicable, a copy of latest SF-50.**
5. **Applicants claiming 5-point veterans preference must submit a DD-214.** Applicants claiming a 10-point preference must also submit a SF-15. Lack of supporting documentation will result in the Agency not recognizing veterans status.
6. **Applicants requesting Military Spouse Preference — Submit Military Spouse Employment request Form available at Web site www.am.dodea.edu/ddessasc/employment/MSPRequestFormNov05.doc.**
7. **A copy of Sponsor’s Permanent Change of Station orders**
8. **Copy of marriage certificate.**

Contact Information

Staffing Assistant, (678) 364-6619 or email to Staffing@am.dodea.edu. Or write to: DDESS, 700 Westpark drive, 3rd Floor, Peachtree City GA 30269.



Courtesy Photo

Fort Buchanan Commanding Officer Col. Edwin C. Domingo stopped by Visual Information to thank the workers for their support and dedication. He presented each member with a certificate for their participation in last year’s 4th of July celebration. Pictured are (left to right) Carlos Rivers, audio; Rosie Irizarry, graphics; Carlos Cruz, videographer; Joaquín Padron, audio; Miguel Vazquez, Visual Information supervisor; Col. Domingo; José López, videographer; Marcos Orengo, graphics; Eric Milleti, graphics; Mario Morales, customer service and Leo Martínez, photographer. Visual Information, which is a part of the Fort Buchanan DOIM operation, provides support to all the offices and agencies on the garrison as well as official Army photography for historical documentation and official promotion pictures.



Fort Buchanan will present a Townhall Feb. 24 starting at 9 a.m. in the Community Club. Garrison employees are invited to attend.



Change in Hours

Rodríguez Army Health Clinic will close at Noon the 1st & 3rd Wednesday of each month for training.

Due to the deployment of one of the chaplains, new Sunday service hours are: Protestant — 10-11:15 a.m. Catholic — Noon -1 p.m.





Military News from Around the World

Defense Department Opens Psychological Health Center

DoD WASHINGTON — Defense Department officials today announced the opening of a new outreach center that will provide servicemembers, veterans and their families a new resource for psychological health problems and traumatic brain injuries.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury is operating the 24-hour center, which will be open 365 days a year and is staffed by behavioral health consultants and nurses, including some former military psychologists.

The outreach center will always be there for members, leaders, and health care providers of the Army, Navy, Air Force, Marines, Coast Guard, the reserve components and veterans, Sutton said. Family members of servicemembers and veterans can call or e-mail the outreach center staff with questions pertaining to psychological health or traumatic brain injury. The center can be reached by calling 866-966-1020 toll-free, or by sending an e-mail to resources@dccoeoutreach.org.

Commitment to stress care, official says

DoD WASHINGTON — The Defense Department is deeply committed to providing the best care possible for military members with post-traumatic stress disorder, despite the determination that the disorder does not meet the criteria for the Purple Heart, Pentagon Press Secretary Geoff Morrell said yesterday.

The decision, announced earlier this week, followed months of evaluation by awards experts in the Pentagon Awards Advisory Group. The group used "very precise criteria" and longstanding historical definitions in making its determination, Morrell said during a Pentagon briefing.

"Those who have sacrificed for our nation deserve the best care they can get," Gates continued. "As I have said before, there is no higher priority for the Department of Defense, after the war itself, than caring for our wounded warriors."

Reservists jump at chance to show skills

Reserves FORT VALLEY, Ga.— Army Reserve soldiers conducted an airborne jump here Jan. 9 for a group of civilian employers during the first Employer Support of the Guard and Reserve "Boss-lift" event for the 421st Quartermaster Company, 143rd Sustainment Command.

The ESGR Boss-lift program seeks to improve relationships be-

tween citizen-soldiers and their employers by showing the employers what their employees do in their military service, Micko said.

"We were able to provide the civilian employers with a simulation of an actual airborne jump without placing them at risk," Air Force Master Sgt. Pete Kowalski, the C-130's crew chief, said. "Events like these help them understand, and give them a reason to support what we do. Plus, the thrill of flying on a military aircraft should encourage other civilian employers to participate in the program, because not everyone gets to be in one," he added.



U.S. Army photo by Spc. Ian Morales
Army Sgt. 1st Class Larry Carter, a jump master with the Army Reserve's 421st Quartermaster Company, 143rd Sustainment Command, prepares to jump out of an Air Force C-130 during an Employer Support of the Guard and Reserve "Boss-lift" event Jan. 9, 2009, in Fort Valley, Ga.

Protein holds promise for disease treatment

Science WASHINGTON — A fluorescent protein discovered in jellyfish has enabled scientists to visualize molecular and cellular events in real time, a leading U.S. biochemical researcher said yesterday.

Roger Tsien, a professor at the University of California, San Diego, won the 2008 Nobel Prize in chemistry for his role in developing the green fluorescent protein known as "GFP," and spoke about his research to "Dot Mil Docs" listeners on BlogTalkRadio.com.

Using this protein, researchers now can track processes that were previously invisible, such as the cell-to-cell transmission of HIV and the activity of cancer cells in a developing tumor.

In addition, Tsien said, he hopes this research will provide tools for more focused chemo and radiation therapies and improve early detection of other diseases, such as stroke and atherosclerosis.

He hopes to continue his pursuit of creative and innovative research

endeavors that will ultimately impact human health.

Army speeds delivery of force-protection equipment to the front

Army WASHINGTON — Army officials are creating a new way to field force-protection products, such as mine-resistant, ambush-protected vehicles, to speed their delivery to deployed soldiers in Iraq.

As equipment comes available, it's shipped to Iraq immediately and tested to see how it incorporates with the mission, officials said. The "fieldings" are geared only toward mission necessity, with the "bells and whistles" added later, they said. Fielding is the process of identifying a mission requirement and fulfilling it with new or existing technology.

Officials have applied this concept to the MRAP, which is attributed with greatly reducing combat injuries for soldiers on patrol.



Army photo by Staff Sgt. Amber Emery
Army Pfc. Joshua Hunter, a quick reaction force gunner with the 10th Mountain Division, speaks with a mine-resistant, ambush-protected vehicle driver during training at Camp Victory, Iraq, Jan. 1, 2009.

DoD launches science related on-line radio

Media WASHINGTON — Defense Department officials today launched "Armed with Science: Research and Applications for the Modern Military," an online radio show.

Armed with Science is a bi-monthly audio webcast, hosted on BlogTalkRadio.com that discusses cutting-edge scientific research and development sponsored by various defense offices, and applications of science and technology to military operations.

Geoff Chester, public affairs officer for the U.S. Naval Observatory, helped to launch the program by discussing the nature of atomic time keeping, the observatory's master clock system, and why a precise time reference is critical to military operations. Located at www.blogtalkradio.com/ArmedwithScience, the audio webcast will feature interviews with scientists, administrators, and operators to discuss the importance of science and advanced technology to the modern military.

Disney, Army resort makes vacations affordable



Courtesy of Walt Disney Co.

By William Bradner

With the "Disney's Armed Forces Salute" offer, active and retired U.S. military personnel, including active members of the United States Coast Guard and activated members of the National Guard or Reserves, can enjoy complimentary, multi-day admission into Disney's U.S. theme parks, and additional special ticket offers for family members and friends.

Sec. Gates honors Martin Luther King, Jr. essay winners



DoD photo by R.D. Ward

Defense Secretary Robert M. Gates greets four students from the John Tyler Elementary School in Washington, D.C., before participating in the opening ceremonies of the Pentagon's annual observance of King's legacy, Jan. 15, 2009. The children were winners in the school's Martin Luther King Jr. essay contest.

1830's Jackson Barracks being rebuilt by National Guard



U.S. Army photo by Sgt. Beyonka Joseph

Reconstruction has begun on a building that will house the Louisiana adjutant general's office at Jackson Barracks in New Orleans. Jackson Barracks is the Louisiana National Guard headquarters that was heavily damaged in 2005 as a result of Hurricane Katrina.



Earth Day 2009 – a message of sustainment

Col. Edwin C. Domingo
Ft. Buchanan Commanding Officer

Army Earth Day is celebrated every year in April at approximately 200 major commands, installations and organizations in the United States and around the world. On this upcoming Earth Day we remind ourselves that we must remain good stewards of our environment to preserve it for future generations. Sustainable practices such as water conservation, greater fuel efficiency, and use of renewable energy allows our Army to travel farther, deploy longer, and reduce dependence on traditional supply lines and reduce our impact on natural resources.

The Fort Buchanan Earth Day activity is scheduled for Apr. 20, 2009 at the Community Club, Fort Buchanan. The garrison would like to invite all interested organizations and agencies to place booths at the Community Club in order to distribute promotional, educational or motivational material and present innovative ideas to the community.



Army Earth Day activity complies with the requirements of Fort Buchanan's Environmental Training Plan as a training activity. Executive order 13423 (Strengthening Federal Environmental, Energy, and Transportation Management) and Army Regulation 200-1 require that Fort Buchanan provides environmental training, awareness, and outreach for the community.

In addition, the Fort Buchanan Integrated Natural Resources Management Plan approach to environmental awareness and compliance is necessary since it serves as a proactive measure to prevent violations and protections of natural resource related laws and regulations.

If you are interested in participating or have any questions, the point of contact is Anibal Negrón, Acting Chief, Environmental Division, Department of Public Works at 707-3575, or by email to anibal.negron@us.army.mil, or, Alicia Navdeo-Nunez, Environmental Conservation manager, at 707-3508 or by email to alicia.navedo@us.army.mil.



Courtesy Photo

Entering the Bay of San Juan, visitors are treated to one of the most famous Old World sites in the Caribbean - Castillo San Felipe del Morro and Castillo San Cristobal. The fortresses are reminders of the Spanish occupation of Puerto Rico at a time when Spain was gaining a foothold in the New World.

San Juan National Historic Site celebrates 60 years of preservation, protection

Puerto Rico National Park Service

San Juan National Historic Site will offer several programs and activities in commemoration of the park's 60th Anniversary Feb. 14, 2009.

Entrance fees to the fortifications of Castillo San Cristobal and Castillo San Felipe del Morro will be waived on this day so that visitors can enjoy the fortifications and help the park commemorate this special occasion.

San Juan National Historic Site was established as a Historic Site in 1949 and a World Heritage Site in 1983.

Activities will include walking tours of the fortifications, as well as of the tunnels and outworks of the Castillo San Cristobal, a tram tour of the San Juan city North Wall and a preservation demonstration by park masonry staff.

Visitors will be able to learn more about the park's mission of conserving, protecting and safeguarding this National Park and World Heritage Site.

Participants will get to meet and talk with the people who proudly work to preserve the history and culture of these beloved fortifications. Most of the programs will be conducted from 12 p.m. to 7 p.m.

Participants will also learn how to help the Historic Site and its many fortifications.

Members of the non-profit organization, Los Amigos de los Fuertes del Viejo San Juan, will be available to share information. The non-profit organization was recently established to serve as advocates for the fortifications of Old San Juan, including raising funds for special projects and programs.

San Juan National Historic Site is comprised of Castillo San Felipe del Morro, Castillo San Cristobal, Fort San Juan de la Cruz (El Cañuelo), the San Juan Gate, Paseo del Morro and the City Wall.

The site(s) is open everyday, except Thanksgiving, Christmas and New Year's Day.

For more information or a complete schedule of activities, call (787) 729-6777 during working hours.

Join the Fort Buchanan Team!



WB10K

Sunday, 1 March 2009

Place

Teodoro Moscoso Bridge

Start time: 5 pm

Log on to: www.wb10k.com

Last day to register 15 February 2009

Registration cost \$40 p.p.
after February 1, 2009

Walk, Jog, or Run, you're in!!!

Call or visit the Sports and Fitness Center, Bldg. 167, Chrisman Road, 787-707-3767 or 3277 for details.

FREE T-SHIRTS FOR PARTICIPANTS

Sign-up at the Fitness Center.

Child care available for participating Soldiers and authorized patrons. Read below...

CHILD CARE:

Child Care will be provided to parents who participate in the Teodoro Moscoso 10K run. Reservations must be made at CYSS Central Registration Office located at Bldg. 1020, tel. 787-707-3787. Reservations must be made by 23 Feb 2009. There is a \$4 per hour fee with a 10 % discount for the second child in the family for the same care hours. Care will be provided at Child Development Center, Bldg. 348. A minimum of 10 children must reserve in order to provide this service.



Year of the NCO Event

A Year of the NCO Ceremony will be held Feb. 19, 2009 starting at 1 p.m. in the Community Club. R.S.V.P. for the event can be made to

Spc. Tiffany Roman by calling 707-3414 or by email to tiffany.roman@us.army.mil.



ARMY NCO - No One is More Professional than I...



EMPOWERING THE "GEEK" WITHIN

USAJobs database compromised

Ft. Buchanan DOIM

Below is a copy of a message posted on the USAJobs Web site. The original content can be found at Web site www.usajobs.gov/securityNotice.asp.

In summary, it details an incident in which database information was compromised, through their affiliate Monster Jobs.

No evidence exists to indicate that accounts have been compromised.

Personnel are encouraged to review the message, in order to familiarize themselves to being able to identify any potential phishing emails, which may be sent by unauthorized third parties.

Users should recall that "Phishing" is an attempt by which persons may request sensitive information (e.g. user name, password, credit card numbers, etc.), via fraudulent email.

Remember that legitimate companies will never ask you to provide your password via telephone or email.

As a security measure, personnel who have a profile in the Web site should log in and change their passwords.

As a general rule, personnel should

ensure passwords created for any Web site contain at least 10 characters (a combination of upper and lowercase letters), numbers and special characters.

This will ensure that rudimentary attempts to guess passwords are thwarted.

Questions regarding this or any other Information Assurance issue may be addressed to the DOIM Information Assurance Division at 707-5795/2891.

USAJOBS Notice —

Attention USAJOBS® Users

As is the case with many companies that maintain large databases of information, our technology provider (Monster), often is the target of illegal attempts to access and extract information from its database.

We recently learned that the Monster database was illegally accessed and certain contact and account data were taken, including user IDs and passwords, email addresses, names, phone numbers, and some basic demographic data.

The information accessed does not include resumes.

The accessed information does not include — sensitive data such as social security numbers or personal financial data.

As a further precaution, we want to

remind you that an email address could be used to target "phishing" emails.

USAJOBS® will never send an unsolicited email asking you to confirm your username and password, nor will Monster ask you to download any software, "tool" or "access agreement" in order to use your USAJOBS® account.

In order to help assure the security of your information, you may soon be required to change your USAJOBS® password upon logging onto the site.

Please follow the instructions on the site.

We would also recommend you proactively change your password yourself as an added precaution.

We regret any inconvenience this may cause you.

We feel it is important that you take these preventative measures.

We continue to devote significant resources to ensure USAJOBS® (Monster) has security controls in place to protect our infrastructure and stakeholder's information.

We hope that these efforts are helpful, and continue to allow users to defend themselves against similar attacks.

Annual Weingarten Notice

Fabiana Nevado
Ft. Buchanan CPAC

In accordance with the requirements (annual posting) of 5 USC 7114(a)(3), this is to advise bargaining unit employees that —

An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if —

(a) The employee reasonably believes that the examination may result in disciplinary action against the employee; and

(b) The employee requests representation.

The Federal Service Labor-Management Relations Statute requires that management annually inform its employees of their "representation rights" and therefore it is requested that this notice be placed in a conspicuous place so that employees may view their entitlement under the FSLMRS. While being questioned by a management official, should a bargaining unit employee request union representation, the management official has some choices. The management official may stop the meeting and allow for the representation; stop the meeting and inform the employee that the questioning has terminated and that he/she has enough information available to decide on the course of action; or simply inform the employee that no action will be taken on the matter.

It is strongly recommended that management officials consult with their servicing human resources specialist prior to questioning an employee. For the purposes of this law, an "examination" and "questioning" means the same.

For more information, call Fabiana Nevado, Human Resources Specialist (Labor and Employee Relations) at 707-3925.

OneLink Cable change at Ft. Buchanan

Ft. Buchanan DFMWR

The purpose of this letter is to inform you that Cable TV service to customers at Fort Buchanan will be changing, effective on or about March 1, 2009.

The Directorate of Family and Morale, Welfare and Recreation, Financial Management Cable TV Office will not sign up any new customers nor will they receive any payments for cable service from current customers.

To make the transition as smooth as possible for you, Onelink will have a representative in place at the Fort Buchanan Community Club and Conference Center Feb. 10-13, 2009, 9 a.m. - 6 p.m. and Feb. 14, 2009, 9 a.m. - 6 p.m. to sign up current customers as well as any new customers. If you desire to continue your cable TV service, you will be required to sign up for service on those dates and times. The Onelink representa-

tive will have all the information available on services and cost on the day of sign-up.

Be reminded, if you do not sign up during these dates and times, your service may be disconnected and you may have to pay a reconnection fee to reconnect your service. The fee can be paid by telephone, or in person at the nearest Onelink Communications Office. Also, there will be an increase in cable cost, depending on services ordered. All billing will be done on a monthly basis. If you plan to discontinue cable service, please return your cable box to the DFMWR FM Cable Office prior to Feb. 10, 2009. After the transition period, anyone wishing to have cable service can sign up by calling (787) 250-7780 or you may go to the nearest Onelink office to order service.

If you have any questions concerning this transition, please contact the Cable Office at 707-3215 during the hours of 8 a.m. to 5 p.m. Monday through Friday.



Townhall Meeting Feb. 24

Fort Buchanan will present a Townhall Feb. 24 starting at 9 a.m. in the Community Club. Garrison employees are invited to attend.

Bonds From Page 3



information based on curriculum designed especially for military families. Through small group and one-on-one activities, family members learn how to maintain closeness during frequent relocation, long separations, and repeated reunions.

Despite the stress of military life, Army families inspire their children to carry on the tradition.

CSM

defensive behavior kicks in to help you not feel those uncomfortable feelings.

In the book, the authors suggest seven ways to get out of defensive behavior —

1. **Take the first step.** Be willing to reach out to someone instead of waiting for him or her to make the first overture.

2. **Take risks.** Welcome feedback, no matter what it is. Show others who you really are.

3. **Be flexible.** Don't deny the differences between you and others.

Find ways to discuss them and find common ground.

Be committed to mutual success.

4. **Ask questions.** Keep communication open and never pass up the chance to interact with others, either by asking questions, talking or just listening.

This is especially important when the stakes are high.

From Page 2

5. **Envision success.** Re-mind yourself and others what shared success would look and feel like.

6. **Take a breather.** It's always a good idea to take a step back when people are tired, frustrated or ticked off.

Don't be shy about asking for a break to cool things off.

7. **Let go.** Don't hold grudges — move forward and focus on possibilities.

I hope this provides some insight as to any feelings you may be experiencing with the all the activity going on around you. Now is the time to address your concerns either through the NCO support channel, your chain of command, the commander, or other support outlet.

Until next time, keep Soldiering on!
ARMY STRONG!



PRIMEROS



A PROUD AND READY FORCE



Capt. Anthony John

The 1st Mission Support Command held a Unit Ministry Training at the Caribe Hilton Hotel in Old San Juan Dec. 6, 2008. Attendees included — Sgt. Hector Torres, 393 CSSB Chaplain Assistant; Staff Sgt. Sigfredo Velez, 1st Mission Support Command Chaplain Assistant; Staff Sgt. Robert Nibbs, United States Air Force Chaplain Assistant; Chap. (Col.) Jeffry A. Dull, USAF Command Chaplain; Vera Lawson; Chap. (Lt. Col.) Kenneth Lawson, Fort Buchanan Installation Chaplain; Sergeant Major James Peters, U.S. Army Reserve Command; Chris Griffith; Sgt. Louis Portela, 448th Engineering Battalion; Chap. (Col.) Mack Griffith, Chief Project Management Chaplain Directorate; Chap. (Maj.) Craig Pache, 1st MSC Deputy Command Chaplain; Carmen Ramirez; Chap. (Lt. Col.) Rafael Rodriguez, Fort Buchanan Chaplain; Chap. (Cap.) Egrain Medina, 35th Signal Battalion; Dagamr Padilla, civilian Pastor from Ponce, Puerto Rico; Chap. (Capt.) Wanda Acevedo, Strong Bonds Program Coordinator/ 210th Regional Support Group Chaplain; Rebecca Santiago; Spc. Javier Baez, 393rd CSSB Chaplain Assistant; Chap. (Capt.) Luis Cardoza, 166th Regional Support Group Chaplain; Chap. (Capt.) Abimael Rodriguez, 448th EN Bn. Chaplain; Dorian Bruno; Sgt. First Class Juan Bruno, 1st Mission Support Command Chaplain NCOIC; Wanda Flores; Chief of Chaplains Sergeant Major Tommy Marrero.



Capt. Anthony John

Jan. 9, 2009, then cadet, now 2nd Lt. Joel Vega Cotto, takes the Officer Oath of Enlistment from Col. Jacob Goldstein, command chaplain, 1st Mission Support Command, as he is promoted to his current rank. His expecting wife, Sache Rivera-Sanchez looks on proudly as her husband joins the ever growing ranks of the Chaplain Corps.



Capt. Anthony John

Master Sgt. Celso Rodriguez, a member of the Mobilization & Readiness Operations Center, having just received a Meritorious Service Medal from the 1st MSC's HHC Commander Major Teodoro Rovira awaits the pinning of Sergeant Debora Zamora as she receives her Army Commendation Medal prior to making a few appreciative remarks.

271st Human Resources Company departs for Iraq

Jan. 6, 2009, Three Kings Day in Puerto Rico, 32 Soldiers of the 271st Human Resource Company, commanded by Maj. Glenda Rivera, listens as Lt. Col. Pablo Soto, commanding officer, 393rd Combat Sustainment and Support Battalion, offer words of encouragement to her troops as her unit prepares to leave for the Regional Training Center, Fort Bragg, N.C. enroute to Iraq in support of Iraqi Freedom.



Soldiers, shown in alphabetical order, are — Staff Sgt. Edgardo Aldarondo Nevarez; Sgt. First Class Angel Alvarez Pedro; Pfc. Adyel Aponte Negrón; Staff Sgt. Victor M. Carrasco Rosa; Sgt. Orlando Cubano Vélez; Staff Sgt. Víctor Dumont Colón; Spc. Ruben García Rivera; Sgt. Randy Guadalupe Encarnación; Sgt. Antonio Laureno Luis; Sgt. Manuel Laureno; Spc. Moises T. López; Staff Sgt. Oscar López; Pfc. Juan C. Marquez Ortiz; Sgt. Carlos M. Martínez Reyes; Sgt. Moises Meléndez; Private Second Class Abel J. Miranda; Sgt. Jessica Negrón Andujar; Spc. Juan R. Nieves López; Spc. Ferdinand Ortiz Ortiz; Spc. Johannis M. Parris; 1st Sgt. Phillip Pembroke; Spc. Javier Ernes Ramirez Pacheco; Spc. José Ramos; Maj. Glenda Rivera; Spc. Jesus D. D. Rivera Sostre; 1st Lt. Christian Roldan Ramos; Sgt. Mitchel Salgado Vázquez; Pfc. Sahia L. Sanchez Diaz; Spc. Julio E. Solís Cruz; Spc. Emiliano Torres Díaz; Pfc. José L. Vazquez Torres; and Staff Sgt. Rafael Díaz.



Photos by Capt. Anthony John

Seconds before going into the secure area of the Luis Marin International Airport Jan. 6, 2009, Sgt. Mitchell Salgado Vázquez, 271st Human Resource Company, holds his 40 day old daughter, Shaylene Mitchell Salgado. His wife María Christina Delgado and his mom, Carmen Vázquez, all share a quiet moment before he left for RTC in Ft. Bragg, N.C. before going on to Iraq.

268th TC returns from Afghanistan



Capt. Anthony John

276th heads out...

Minutes before boarding their aircraft on Jan. 5, 2009, Chap. (Capt.) Wanda Acevedo, 1st Mission Support Command, presented the 18 Soldiers of the 276th Ordnance Company a "Shield of Strength" ID tag for comfort prior to their departure in support of the Global War on Terror. Soldiers listed in alphabetical order are — Sgt. Kennys; Nolan Ayala Ayala, Staff Sgt. Edgardo Cruz Rodríguez; Spc. Ramón E. García Rodríguez; Spec. Luis J. Medellín; PFC. Angel L. Olivera Lamboy; PFC. Jonathan Ramos Vázquez; Sgt. Joe R. Rivera Santiago; Staff Sgt. Noe Torres Torres; Sgt. Samuel L. Velazquez; PFC. Pedro Gonzalez Montalvo; PFC. Jesús M. Pérez Martínez; Sgt. Angel Luis Rivera Rivera; SPC. Juan G. Rodríguez; Staff Sgt. Ramón E. Rodríguez; Sgt. Irving Román; Private Second Class Jesús M. Sierra Ramos, PFC. Ivren L. Valentin and Staff Sgt. Manuel Vázquez Del Valle.



Ten Minutes before the ushering in of Christmas December 24th, Col. Jacob Goldstein, command chaplain, 1st Mission Support Command, Col. Ruben Rodríguez, 1st Joint Mobilization Brigade Commander and daughter Christina, are seen on the airport's tarmac at Fort Lewis, Washington greeting the Prouid "Garita" Soldiers of the 268th Transportation Company as they touch down on United States soil having completed almost a year in the desert of Afghanistan in support of Operation Enduring Freedom.



Photos by Capt. Anthony John

What a way to start of the New Year! Staff Sgt. Wilmar Sierra, 268th Transportation Company, is overwhelmed with tears as his mom gingerly holds his face in an appreciative embrace for having completed a tour of duty in Afghanistan. His unit arrived on Jan. 1, 2009.

1st MSC supports Strong Bonds

Capt. Anthony John
1st MSC PAO

For an eight-hour period Dec. 7, 2008 at the Fort Buchanan Community Club, the 1st Mission Support Command Family Readiness Program hosted a Yellow Ribbon Reintegration Program Phase 1 event for members of the 273rd Transportation Movement Company and the

602nd Engineering Detachment, who are mobilized to participate in Operation Iraqi Freedom. “We help Soldiers transition back from the military environment they were exposed to during their deployment into the civilian life,” said Elsa Cortes, director of the 1st MSC’s Family Readiness Program. PRimeros lead the way. “We are the first Army Re-

serve Command Reserve-wide to implement and realize the Chief of the Army Reserve’s vision of keeping our tradition of taking care of our Soldiers and our beloved family members,” she said. The purpose of the Yellow Reintegration Program consists of informational events and activities for Reserve Component members, and their families, and



Photos by Capt. Anthony John

As part of the Yellow Ribbon Reintegration Program, Dr. Vanessa Villafane, a Life Counselor, discusses ways to cope with the deployment cycle that occur between the Soldiers and their family members who have been mobilized. Seated, left to right, are Valerie Walker, Family Support Group leader for the stateside members of the unit; Master Sgt. Marvin Walker, Senior NCO, Sgt. Joseph Cardwell and Sgt. Kyle Kinsley, 602nd Engineering Detachment; Zachary Jones, son of Lt. Col. David Jones, commanding officer, 602nd Engineering Detachment, who hails from St. Croix, and his wife Debbie Jones.

community members through the phases of the deployment cycle which are —

1. Pre-deployment.
 2. Deployment.
 3. Demobilization.
 4. Post-Deployment-Reconstitution.
- From those overall phases of the deployment cycle, the 7-Phase Yellow Ribbon Reintegration Program was conceived.
- Phase 1 is the Alert Phase — where the Soldier is alerted of pending deployment.
 - Phase 2 is the Mobilized Phase — where the Soldier’s unit is actually mobilized.
- This part of the program offers a one-day informational event where the family members learn coping skills to deal with the pending deployment.

- Phase 3 occurs 30-60 days into the mobilization — and is targeted to the family members who are left behind.
 - Phase 4 occurs 30-60 days prior to the return of the Soldiers.
 - Phase 5 occurs after the Soldier has been home for 30 days.
 - Phase 6 occurs after the Soldier has been home for 60 days.
 - Phase 7 occurs when the Soldier has been 90 days at home.
- At each phase, the Soldier and family members are treated to an off base location where the stresses associated with separation and deployment are discussed as well as the resources available to assist them, and connecting members to service providers.



1st MSC provided a Command Family Readiness Program at Fort Buchanan’s Community Club Dec. 7, 2008. The Yellow Ribbon Reintegration Phase 1 program familiarized family members with Soldiers issues when they deploy or come back from deployment.

1st Mission Support Command attends New Year’s reception



During the Fort Buchanan New Year’s Reception Jan. 10, 2009, the Who’s Who’s of the U.S. Army Reserve showed up in style to greet the honored guests. Shown from left to right are: Maj. Gen. Charles Gorton, commanding general, 81st Regional Support Command; Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command; Col. Edwin C. Domingo, commanding officer, Fort Buchanan and his wife, Rebecca; CW5 Jose Rodriguez, 1st MSC’s property book officer and his wife, Mariana Santos-Morales; 1st Mission Support Command CSM Marcial Felix and his wife, and Fort Buchanan CSM David Davis.